

Tools for Life – Weekly Health & Safety Meeting



Home Healthy - Home Safe

September 2021

Sober October 30-day Challenge

Apollo Safety department challenges your team to try a Joe Rogan style 30-day Sober October Challenge. What are you struggling with right now? What do you want to teach your kids? Whatever it is, do it. Do it every day for 30 days and soon it will change from a struggle to a habit. Think about using the next 30 days to evaluate patterns of drug and alcohol use and explore alternate activities that promote health and wellness, more connection with your family, and being a hero to your kids.

Health Benefits of going alcohol, tobacco or drug free:

- More energy
- Better sleep
- Improved concentration
- Lower cholesterol
- Lower risk of cancer
- More emotional control
- Less irritability/ anxiety
- Increased ability to fight illness

How to complete 30-day challenge:

- 1- Be intentional: Notice your thoughts and feelings about your struggles. Is there a mental or physical impact? Create your 30-day goal; and then weekly and daily goals that help you achieve the 30-day goal. As soon as you wake up each day remember your plan/goal. Track your progress.
- 2- Create a team: You are the sum of the 5 people you spend the most time with. Consider who you will spend time with for the next 30 days. Will your friends, family, coworkers, support your efforts or deter them? A good team provides motivation, accountability, and a place for like-minded individuals to connect.
- 3- Plan ahead: Attending a social gathering? Ask the host what refreshments will be available and decide if you should bring your own. Aim to be surrounded with supportive people who will respect the mission. If the social gathering does not support your goal consider skipping it.
- 4- Explore/ revisit enjoyable activities: spend more time outside, crafting, cooking at home, or taking a class. Fill time that would normally be spent drinking, smoking, or unnecessary sitting with a new activity or hobby.
- 5- Celebrate: Celebrate each small goal on the way to the finish line. Plan a group celebration if you do this in a team.

HEALTH OR SAFETY REMINDER: Alcohol is the most common legal drug of abuse. If you or someone you know is struggling with substance abuse or would like more information on substance abuse or addiction, there are lots of resources available. Please reach out to Safety or HR for resources and treatment options.

Discussion Points/Quiz Questions:

1. How can we best support those who are choosing to participate in Sober October?
2. What are some challenge ideas that can be added to Sober October to create additional healthy habits?
3. What are some resources available to those who may be struggling with substance abuse or addiction?