

My Sober Care Family Activities Handout

Support Without Enabling: 10 Ways to Show Up Together

1. Watch a Funny Movie Together

Laughter reduces stress and builds connection. Pick a comedy and enjoy it side by side.

2. Explore Life Hacks

Choose one short Life Hack video from the platform. Watch it together, then discuss how you can both apply it.

3. Practice Tai Chi or Qigong

Stream a class from My Sober Care. Moving together builds calm and balance.

4. Guided Meditation

Sit together for a 10–15 minute meditation. Share how it made you feel afterward.

5. Yoga Session

Try a beginner or advanced class together. Challenge yourselves and celebrate completing it.

6. Listen to Hypnotherapy

Play a hypnotherapy track together. Reflect on what thoughts or feelings came up.

7. Celebrate Weekly Wins

Mark each week of sobriety with a shared reward — a meal, a walk, or a family ritual.

8. Cook a Healthy Meal

Prepare a nourishing dinner together. Talk about how nutrition supports recovery.

9. Journal Side by Side

Spend 10 minutes writing. Share one insight or positive thought with each other.

10. Create a Family Ritual

Light a candle, share gratitude, or take a short walk together each evening. Rituals build consistency and connection.