

# The 5-Minute Wine-Free Wind-Down Blueprint

## How to Use This Blueprint:

This simple, step-by-step guide helps you **decompress after a stressful day without reaching for wine**. Use the **fill-in-the-blank prompts** to personalize your wind-down ritual and create a **relaxation routine that actually works for you**.

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## Step 1: Identify Your Wine Trigger

*The first step to breaking a habit is understanding what drives it.*

*Wine cravings don't appear out of nowhere—they are usually triggered by specific emotions, stressors, or situations. Identifying your personal triggers helps you replace the habit with a healthier alternative that actually relieves stress rather than making it worse.*

### Step-by-Step: Finding Your Triggers

1. **Think about when you usually want a drink.** Is it right after work? When the kids are in bed? During social events?
2. **Notice what emotions you're feeling in those moments.** Are you stressed, anxious, bored, lonely, or just exhausted?
3. **Identify the thought pattern behind your craving.** Are you telling yourself, "I deserve this" or "I need this to relax"?

### Common Wine Triggers:

- ☐ Work stress & overwhelm
- ☐ Social pressure or loneliness
- ☐ Exhaustion & needing a break
- ☐ Rewarding myself for a long day
- ☐ Other: \_\_\_\_\_

👉 **Pro Tip:** Write down when your cravings hit the hardest. Example: "I crave wine the most right after putting the kids to bed at 8 PM."

👉 **Pro Tip:** Keep a small **"trigger journal"** for a few days. Simply jot down the time, situation, and emotion whenever you feel the urge to drink. This will reveal patterns in your cravings.

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## Step 2: Create Your Instant Stress-Relief Swap

Now that you know what triggers your cravings, the next step is to **swap your wine habit for something that actually relieves stress and makes you feel good—without the negative side effects.** The key is choosing an alternative that provides the same sense of comfort, relaxation, or reward that wine seems to offer.

### Step-by-Step: Finding Your Ideal Swap

1. **Match the craving to the real need.** Ask yourself: What am I really looking for when I pour that glass of wine? Relaxation? A break? Comfort? Connection?
2. **Choose a replacement that truly satisfies that need.** Pick a wine-free alternative that feels just as enjoyable and easy to reach for.
3. **Make it effortless.** Set up your new habit in advance, so it's ready when cravings hit. (For example, keep a selection of herbal teas in your favourite tin by the kettle.)

If I drink wine to ...	I will do this instead ...
Unwind from work stress	5-minutes' deep breathing or stretching
Feel rewarded	Make a cup of herbal tea in a fancy glass
Numb emotions	Play a relaxing playlist and journal for 5 mins
Socialize	Call a friend or pour a mocktail
Mark the 'end of the day'	Take a warm shower and put on comfy clothes

Escape from overwhelm	Read 5 pages of a book, do a short meditation or have a bath
Get through the evening routine	Remember I don't have to do it all - can I ask for support from others?

👉 **Pro Tip:** Keep this list somewhere visible (like your fridge, phone, or desk) so you can quickly refer to it when cravings hit. Try to make your swap feel indulgent. If you're replacing wine with herbal tea, use a beautiful glass or mug. If you're swapping it for a relaxation ritual, set the mood with soft lighting or music.

👉 **Example:** Instead of pouring a glass of wine at 7 PM, I pour sparkling water with lime into a wine glass and sip it while listening to my favourite podcast.

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## Step 3: Set Up Your Wine-Free Wind-Down Space

Transform your environment to make relaxation effortless.

Setting up a **soothing wind-down space** helps signal to your brain that it's time to relax—without relying on wine.

### Step-by-Step: Creating a Relaxation Space

1. **Choose a dedicated space.** Pick a corner, room or even a specific chair where you'll unwind each evening.
2. **Make it visually calming.** Remove clutter, dim the lights, or add soft elements like blankets and pillows. If that's not possible, simply closing your eyes can help.
3. **Engage your senses.** Use calming scents (lavender, eucalyptus), soothing sounds (music, white noise), and a comforting drink.
4. **Minimize distractions.** Silence notifications, put your phone on 'do not disturb', and focus on being present.
5. **Create a ritual around it.** Use the same small actions (lighting a candle, playing music) to train your brain to relax in this space.

### 1-Minute Setup Checklist:

- ☐ Dim the lights or light a candle
- ☐ Put your phone on silent
- ☐ Choose calming music or nature sounds
- ☐ Prepare a non-alcoholic drink
- ☐ Get comfortable (change into soft clothes, grab a blanket, etc.)

👉 **Example:** "Instead of pouring wine, I dim my bedroom lights, turn on my 'Relax' playlist, and sip a warm chamomile tea."

If you think this is difficult because you have kids running around or very little space to call your own, simply pick one chair and make that your relaxation space. How you *think* about this makes more difference than the actual physical circumstances.

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## Step 4: Follow the 5-Minute Wine-Free Wind-Down Ritual

*This is your new go-to routine for deep relaxation.*

### 1 Breathe (1 Minute)

- Sit comfortably, close your eyes, and take **3 deep breaths** using this rhythm:
  - **Inhale for 4 seconds**
  - **Hold for 4 seconds**
  - **Exhale for 6 seconds**
- Focus on the sensation of your breath moving in and out. This helps reset your nervous system and signals your brain to shift into relaxation mode.

### 2 Release Tension (1 Minute)

- Gently roll your shoulders forward and backward.
- Tilt your head side to side to stretch your neck.
- Massage your temples or jaw if you carry tension there.
- Imagine stress physically leaving your body with each exhale.

### 3 Engage Your Senses (1 Minute)

- Look around and notice **one thing you see that feels calming** (e.g., candlelight, a soft blanket, the sky). Alternatively keep your eyes closed and use your imagination.
- Listen or imagine **one sound that soothes you** (e.g., soft music, a white noise machine, the hum of the night).
- Take a deep inhale and identify or imagine **one scent that grounds you** (e.g., essential oils, herbal tea, fresh air).
- Run your hands over something comforting like a soft jumper or warm cup or loosely hold your hands.

### 4 Sip & Savour (1 Minute)

- Slowly take a sip of your **non-alcoholic evening drink** (tea, infused water, or a calming mocktail).
- Notice the **taste, texture, and warmth/coolness** of the drink.
- Let yourself **fully enjoy** this small, intentional act of self-care.

### 5 Mentally Unwind (1 Minute)

- Close your eyes and repeat a **soothing mantra** to yourself.
- Examples:
  - "I release the stress of the day and welcome peace."
  - "I am safe, calm, and in control."
  - "Relaxation comes easily to me."
- If thoughts of stress arise, acknowledge them and let them drift away like clouds passing in the sky.

👉 **Pro Tip:** Set a **daily reminder** on your phone to do this routine at the same time each night. The more consistent you are, the faster your brain will associate it with true relaxation.

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## Step 5: Track Your Progress & Celebrate Wins

*Consistency is key—track your wine-free nights and notice how you feel.*

Building a new habit takes time, and the best way to stay motivated is by tracking your small wins. When you see progress, you're more likely to stick with it!

## Step-by-Step: How to Track & Celebrate

**1 Use a Simple Tracker** – Each night, mark whether you followed your wind-down routine and jot down how you felt afterward.

**2 Look for Positive Changes** – Pay attention to improvements in sleep, energy, mood, and stress levels.

**3 Celebrate All Wins & Be Kind to Yourself** – If you have a night where you drink, don't stress. Reflect on what triggered it and get back on track the next day.

### Wine-Free Wins Tracker

Use this table to log your progress.

Date	Did I follow my wind-down routine?	How did I feel without wine?	Notes (sleep, mood, energy, stress)
	Yes / No		
	Yes / No		
	Yes / No		

👉 **Example:** "I followed my wind-down routine 4 nights this week and slept better than I have in months!"

👉 **Pro Tip:** Post your goal somewhere visible to keep yourself accountable!


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# Your Personalized Wine-Free Wind-Down Plan

Use this step-by-step section to personalize your wind-down plan and create your own relaxation routine.

**1 Identify Your Craving Time** – When do you usually reach for wine?

Example: “Right after work” or “After putting the kids to bed.”

 **My usual craving time:** \_\_\_\_\_

**2 Choose Your Stress-Relief Swap** – What activity will you do instead?

Example: “Make chamomile tea in a nice cup” or “Do 5 minutes of deep breathing.”

 **My go-to stress-relief swap:** \_\_\_\_\_

**3 Set Up Your Wind-Down Space** – What small changes will make your environment relaxing?

Example: “Dim the lights and play soft music.”

 **My wind-down space setup:** \_\_\_\_\_

**4 Pick a Relaxation Mantra** – What phrase helps you shift into relaxation mode?

Example: “I release the stress of the day and welcome peace.”

 **My relaxation mantra:** \_\_\_\_\_

**5 Set Your Goal for the Week** – How many nights will you commit to this routine?

Example: “I will do my wine-free wind-down 4 nights this week.”

 **My goal for the next 7 days:** \_\_\_\_\_

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 **You Did It!** 

You now have a **personalized, plug-and-play wind-down ritual** that helps you relax—**without relying on wine.**

 **Next Step:**

 **Use the “Stress to Serenity” Guided Audio** for an even deeper relaxation experience!