

**BORING
LITTLE
GIRLS
CLUB**

**SOBER
SURVIVAL
GUIDE**

QUARANTINE EDITION



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The Boring Little Girls Club recognizes that our safety and security is being threatened and that is a very real, very scary thing.

And those feelings need to be honoured. Because they are there for a reason.

HOWEVER... though it is real and scary, now is a time to remind ourselves that we are strong and capable and we will get through this.

Don't lose faith, don't succumb to the panic, to the fear. Maybe it's a friend or family member that we're worried about. Maybe it's job security or financial security. Maybe it's the freedom and independence that we have fought tooth and nail for.

We will get through this. We will remain strong. Please, please, please listen to the scientists. Wash your hands. Stay home. Stay 6ft apart and make sure to Social Distance.

We need community more than ever. We are not in this alone.

xo - Kira

THE MISSION OF THE BORING LITTLE GIRLS CLUB IS TO CREATE AND FOSTER A COMMUNITY OF SOBER WOMEN, TRANS AND NON-BINARY FOLKS WHO HAVE FUN WITHOUT ALCOHOL & DRUGS

We define a *safe, sober space* as

1: 100% ALCOHOL & DRUG FREE

There is zero tolerance for coming to any BLGC hangout under the influence of any substances

2: INCLUSIVE & SUPPORTIVE

of all races, biology, gender, age, abilities, sexual identity, religion and class. There is zero tolerance for any form of discrimination, hate or violence

ALL BLGC HANGOUTS WILL BE SAFE SOBER SPACES

PANDEMIC RESPONSE

#COMMUNITYFIRST

#communityfirst is a resource sharing and information gathering mission. We are spotlighting a different action being taken in the community to support each other in these hard times, which includes actions from non-profits, individuals and for-profit business.

The Boring Little Girls Club has also added additional physical and mental health resources, sobriety resources, & economic and financial resources to our website, www.boringlittlegirlsclub.ca

ONLINE COFFEE CHATS

Every Friday Night, from 7:30 – 9:00pm MST, hang out with your Sober Babe Squad, drink your favourite non-alcoholic beverage, and get in some quality socializing!

Email us for the meeting ID and password at boringlittlegirlsclub@gmail.com





SOBER SURVIVAL GUIDE

Tips and Tricks to
Thriving in Sobriety

**BE KIND TO
YOURSELF**

&

**YOU ARE
NOT ALONE**

Forgive yourself if/when you slip up!
You're only human and you're doing
your best. The community is all
around you, supporting you, cheering
you on. Open up to your thoughts and
if you need us—we're there!

**SOMETIMES
IT'S OK TO
NOT BE OK**

Seriously. Honour your feelings.
It is understandable and completely
ok to not be ok. However, don't let those
feelings define you. Try refocusing on the
fact that this will not last forever. We will
get through this.

HEALTHY STRATEGIES TO STAYING SOBER DURING A PANDEMIC

- Establish consistent, healthy routines
- Stay connected virtually with the recovery community and your sober friends
- Practice media distancing in addition to social distancing
- Stay active and get outside
- Be curious and mindful about how you feel and what you're grateful for
- Focus on what you are gaining—not what you're missing

SKIN THIRSTY

@return_of_the_mac



Most of us crave touch and cannot live well without it. What to do when skin to skin contact with another human isn't an option

LOVE YO SELF'

'Self-Holding' means giving yourself one big bear hug! The intention is to anchor and calm the nervous system. It's proven that hugs release the feel-good hormone oxytocin - and self-hugs are just as effective

QUENCH YOUR OWN THIRST

One thing you are missing is sensory stimulation of the skin. Sooth yourself by deliberately choosing the most delicious sheets, blankets and pillows. Try going for a brisk walk to feel the pleasure of the sun or wind on your skin. Take a luxurious bath to feel the sensation of water. Walk barefoot in the grass to feel the softness of the earth on your toes.

FUR BABIES

Studies show that people with pets experience less stress. The act of petting an animal brings pleasure and provides a way to physically connect with a being that loves you. Those folks who don't own pets may want to look at fostering a furry friend from a local shelter during the pandemic.

FIND YOUR SUPPORT SYSTEMS

SOBER SUPPORTERS

The BLGC has something called Sober Supporters. These babes choose to support sobriety by understanding what those in recovery, or living a sober life, are going through and help in creating and upholding safe spaces for them.

SET SOME BOUNDARIES

In order to gain support from others, we need to set boundaries for ourselves and those around us. Having open and honest communication around what we feel, what we need and what we want is extremely helpful in staying sane and sober in quarantine.

SEEK OUT YOUR RECOVERY COMMUNITY

Fortunately, with the help of technology, folks in recovery have the option to attend recovery meetings or chat with fellow recovering individuals online. In addition to online recovery meetings, there are also websites, forums, and even Facebook groups dedicated to providing a safe place to find support.

STAY CONNECTED TO YOUR PEEPS



PUT THE TIME IN

You don't have the luxury of being able to meet up for dinner or coffee IRL, so instead schedule weekly "hang out" sessions via whatever medium you use to communicate. Dedicated time will keep you connected in each other's lives and will give you something weekly to look forward to.

PANDEMIC PACKAGES

Drop off, mail or have something delivered to your pals. Packages are tangible and the next best thing to being squeezed in person

PARTAKE IN SOCIAL DISTANCING ACTIVITIES

Just because we can't physically be with each other doesn't mean we can't emotionally or mentally be together. It's time to get creative with new virtual platforms that help you experience more traditionally social activities through screens.

PODCAST, FILMS BOOKS, OH MY!

Share your favorites! It'll bring you closer, offer plenty of conversation points when you next chat and you might even learn something too..

LET'S WORK TOGETHER TO KEEP EACH OTHER SAFE

PRACTICE PHYSICAL DISTANCING

- **Stay home unless you have to go to work**
- **Avoid all non-essential trips in your community**
- **Do not gather in groups**
- **Limit contact with people at higher risk, such as older adults or those in poor health**
- **Go outside to exercise but stay close to home**
- **If you leave your home, always keep a distance of at least 6 ft (1 hockey stick) from others**

Cross Contamination: the process by which bacteria or other microorganisms are unintentionally transferred from one substance or object to another, with harmful effect

**TO AVOID CROSS
CONTAMINATION WHILE
WEARING DISPOSABLE GLOVES**

- Wash your hands with soap and water for at least 20 seconds (or apply hand sanitizer if soap and water are not available) before and after putting them on and taking them off
- Do not touch objects unnecessarily (such as your phone or items at the grocery store). Do not touch your face with gloves
- Do not re-use your gloves. They should be thrown away immediately after you are done the task you were wearing them for

**TO AVOID CROSS
CONTAMINATION WHILE WEARING
A NON-MEDICAL FACE MASK**

- Wash your hands with soap and water for at least 20 seconds (or apply hand sanitizer if soap and water are not available) before and after putting them on and taking them off
- Do not share it with others
- Avoid touching your face mask while using it! Face masks can become contaminated on the outside or when touched by your hands!
- Change a cloth mask as soon as it gets damp or soiled



RESOURCES

MENTAL HEALTH

CANADA

- Kids Help Phone (24/7) 1 800 668 6868
- Canada Suicide Prevention Service (24/7) 1 833 456 4566
- Crisis Text Line (24/7) text TALK (English) to 686868 or TEXT0 (French) 686868
- First Nations and Inuit Hope for Wellness (24/7) 1 855 242 3310
- Trans LifeLine (24/7) 1 877 330 6366
- HealthLink (except ON) (24/7) 811

PROVINCIAL

- BC Crisis Line (24/7) 1 8000 784 2433
- Distress Centre Calgary (24/7) 403 266 4357 (AB)
- The Support Network Distress Line (24/7) 1 800 232 7288 (AB)
- Saskatoon Crisis Service 24/7 306 933 6200 (SK)
- Regina Crisis Service (24/7) 306 525 5333 (SK)
- Mental Health Crisis Service (24/7) 1 888 310 4593 (MB)
- Mental Health Help Line 1 866 531 2600 (ON)
- Nunavut Kamatsiaqtut Help Line 1 800 265 3333
- Quebec National Crisis Line 1 866 277 3553
- Chimo Helpline (24/7) 1 800 667 5005 (NB)
- Crisis Intervention & Crisis Management 1 888 429 8167 (NS)
- Mental Health Crisis Centre 24/7 1 888 737 4668 (NL)
- Island Helpline (24/7) 1 800 218 2885 (PEI)
- Distress and Support Line (24/7) 1 844 533 3030 (YK)
- North West Territories Help Line 1 800 661 0844
- Nunavut Kamatsiaqtut Help Line 1 800 265 3333

ONLINE RECOVERY MEETINGS

- AA - aa.org
- Smart Recovery - Smartrecovery.org
- Refuge Recovery - Refugerecovery.org
- In the Rooms - Intherooms.com

ADDICTION

- Healthlink (EXCEPT ON) 811
- Alcohol & Drug Information Referral Service 1 800 663 1441 (BC)
- Addiction Helpline (24/7) 1 866 332 2322 (AB)
- Addictions Helpline 1 855 662 6605 (MB)
- Addiction, Mental Health and Problem Gambling Services (ON) 1 866 531 2600
- Drug: Help & Referrals (24/7) 1800 265 2626 (QB)
- Addiction Services 1 866 340 6700 (NS)
- Addiction Services 1 888 299 8399 (PEI)
- Mental Wellness and Substance Use Services 1 866 456 3838 (YK)

DOMESTIC VIOLENCE

- VictimLinkBC 1 800 563 0808
- Alberta Provincial Abuse Helpline 1 855 443 5722
- Domestic Violence Crisis Line 1 877 977 0007 (MB)
- Assaulted Women's Helpline 1 866 863 7868 (ON)
- SOS Violence Conjugale 1 800 363 9010 (QC)

For more resources please visit our website at www.boringlittlegirlsclub.ca



#SOBERBABESQUAD
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