

MOXIE

Navigating Happy Hour Without Alcohol

5 Tips for Staying Sober and Social



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Surviving
Happy Hour
Without
Alcohol

ORDER A FANCY DRINK

TREAT YOURSELF TO A SPECIAL
NON-ALCOHOLIC DRINK THAT IS
VISUALLY APPEALING AND HAS A
GREAT TASTE.

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BRING A FRIEND ALONG

BE OPEN WITH YOUR FRIENDS
ABOUT YOUR CHOICES AND ENJOY
THE SOCIAL ASPECT BY ENGAGING
IN INTERESTING CONVERSATIONS.

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ORDER YOUR FAVORITE FOOD

FOCUS ON SAVORING THE FOOD
OFFERINGS AVAILABLE DURING
HAPPY HOUR. IF YOU HAVE A
FAVORITE APPETIZER - ORDER IT.

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SET A TIME LIMIT

HAVE A GAME PLAN ON HOW LONG YOU WILL STAY TO AVOID TEMPTATION. SETTING A TIME LIMIT WILL LEAVE YOU IN CONTROL.

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PLAN AHEAD

BE PREPARED BY KNOWING THE
HAPPY HOUR MENU IN ADVANCE.
REMEMBER THAT IT'S POSSIBLE
TO HAVE A GREAT TIME WITHOUT
ALCOHOL.

"Surviving"

NAVIGATING HAPPY HOUR WITHOUT ALCOHOL CAN BE TOUGH, BUT IT'S POSSIBLE TO HAVE A GREAT TIME AND STAY ON TOP OF YOUR GAME. IF YOU STILL TRY TO AVOID IT, SUGGEST FUN ALTERNATIVES LIKE GAMES OR TRIVIA NIGHT, KARAOKE, MOVIES, BOWLING, ETC.



"Happy hour shouldn't be a punishment for not drinking. It's an opportunity to treat yourself and socialize without alcohol."

ANONYMOUS QUOTE AUTHOR.

Staying Sober During Happy Hour

Navigating happy hour without alcohol can be a refreshing experience that allows you to savor the moment without the need for a drink in hand. Embrace the social atmosphere, engage in meaningful conversations, and enjoy the company of others while staying true to your choice of staying alcohol-free. Remember, happiness is not confined to what's in your glass, but rather the connections you make and the memories you create during these moments of joy.

