

Have Fun, Stay Connected, Stay Sober with These Winter Activity Ideas

It's not hard to have fun in the winter when you're sober — check out these suggested activities! It's important to not isolate yourself during the cold winter months so, with these ideas, take time to engage in some self-care and have fun with your loved ones, too.



- Read or listen to an audiobook.
- Swim at an indoor pool.
- Try cross-country skiing, hiking or snowshoeing.
- Walk around a park or lake in your town.
- Go snow tubing, snowboarding, skiing or sledding.
- Join a book club.
- Learn a new language – there are a lot of great apps for this.
- Play a board game, card game or do a puzzle.
- Go to the movies. Or stay home and watch a movie.
- Head to an indoor trampoline park.
- Knit or crochet.
- Try some quick HIIT (High Intensity Interval Training) exercises.
- Experiment with new recipes.
- Listen to music.
- By yourself, as a couple or with family, do random acts of kindness. It feels good! It can be free and as simple as a big smile or holding a door.
- Go on a snowmobile ride.
- Paint a room in your house.
- Start a hobby – crafting, wood working, journaling, rock painting.
- Research your genealogy.
- Refurbish a piece of furniture.
- Go fishing.
- Go bowling.
- Play a video game (in moderation!)
- Send someone a card.
- Do some photography.

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