

ISABELLA FERGUSON

HAPPY HOUR

HOT TIPS!



MAKE HAPPY HOUR TRULY HAPPY

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HOT TIPS

"Happy" Hours can be a struggle when you are trying to go alcohol free or to minimise your consumption level.

The pressure is on if it is after a hard day of work, the weather is warm and there is a festive buzz in the air. Double the pressure if you are meant to be celebrating, networking and somebody else is picking up the tab.

But with a few simple tips you can make happy hour live up to its name and be true happy and hangover free!

These are my hot tips to make happy hour truly happy:

Have your AF drink order ready to go

Lemon lime and bitters, cranberry and soda, AF beer or your AF tipple of choice that can be ordered quickly so you have that glass in your hand from the get go.

Push through the first 20 minutes

Know that you just need to get through the first 20 minutes and after that it all gets easier. Also be aware of your thoughts and feelings during this period as your nerves rise, fall and fade so that your mind and body remembers that you can do this!

Have your reason ready

Have your reason ready: "I'm on a health kick", "I'm getting up early", "I'm driving", "I'm having a month off" or my all time favourite "I just do not have time for that stuff anymore!" then change the subject. or walk around the block! Lets the nervous energy out.

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Escape plan

Have your escape plan / excuse ready so that you can leave after 30 minutes or an hour (or when you need to) easily and with minimal fuss and head straight to your couch!

Conversation starters

Go with some conversation starters, stories or jokes that you can call on if there is a pause in the conversation to help ease your nerves and before long you'll be chatting and laughing away.

Mini-escapes

At the start I also used to regularly have mini-escapes... outside for a phone call or off to the bathroom.

Also, know that you will be waking up hang over free and full of energy the next morning. Woo hoo!