

# SOBER(ER) October CHALLENGE

Step up to a challenge designed to support your physical and mental readiness. Reset, connect with MCCS resources, and build habits that keep you focused and resilient. Complete as many as you can this month and check off each one you do.

**Turn in your checklist at the end of the month for a chance to win a \$100 MCCS gift card.**

Check in with a buddy. How are they doing?

Attend a Substance Assessment and Counseling Program workshop

Try making an alcohol-free drink

Attend Bible study at the Base Chapel (every Wed, 11AM)

Look up an MCCS resource you haven't used before

Create a relaxing bedtime routine

Meditate or do breathwork for 10 minutes

Visit the Base Library

Organize old photos or your digital gallery

Try a new recipe

Clean out your fridge or snack drawer

Contact the Personal Financial Management Program to set a budget goal

Tackle a small household chore

Climb the rock wall at Thomason Gym

Find a special place to watch a sunrise or sunset

Write a gratitude list

Try a new workout at Daniels Family Fitness Center

Stretch for 5 minutes

Take a walk around Covella Pond

Attend a Marine Corps Family Team Building class

Volunteer

Try a new hobby

Plan a vacation using ITT travel services

Meet a friend for lunch

Watch something that makes you laugh

Check the MCCS event calendar and attend something new

Spend quality time with friends or family

Do a digital detox – no social media for a few hours

Eat a meal without distractions (no devices or TV)

Journal about your goals for this month

Start a DIY or creative project

Entries must be received at the Substance Assessment and Counseling Program office (Bldg. 7260) **by 4PM on Nov. 7.**

Gift card drawing will be held on **Nov. 14**, and the winner will be contacted directly. Winner must be age 18+.



Name: \_\_\_\_\_ Unit (if active duty): \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_