When your home is also your workplace, the end of the working day can feel oddly unclear. You close the laptop, but the unfinished tasks are still in the room. There is no commute to mark the change, and the kitchen may be only a few steps away. For some people, a drink has become the quickest way to signal: work is over.

If you want more alcohol-free evenings, the useful question is not simply "What can I drink instead?" It is: **what job is this habit doing?** A drink might offer a sensory pleasure, a pause, a reward, or a way to take the edge off. An alternative that only replaces the liquid may miss the point.

This is not about judging drinking or finding a perfect routine. It is about understanding what your evenings need, then testing practical ways to meet those needs. Here are some of the approaches that can help remote workers build a more satisfying *work from home wind down*.

Start with the four jobs of evening drinking

There is no single reason people reach for a drink after work. Often, it is doing several jobs at once. Separating them helps you choose a useful replacement instead of relying on vague advice to "just relax".

The job What it might feel like A direction to try **Transition** "I need a clear signal that the workday is finished." Change clothes, shut down work equipment, or take a short walk. **Decompression** "I'm tense, overstimulated, or still carrying the day." Choose a calming activity with a clear beginning, such as a shower or a few minutes of stretching. **Reward** "I've earned something enjoyable." Plan a treat you genuinely look forward to, whether that is a favourite snack, a good meal, or a chapter of a book. **Sensory ritual** "I want the glass, the pour, the taste, and the pause." Use a drink you enjoy in a proper glass, and make serving it part of the ritual.

These are clues, not categories you need to get exactly right. You might find that the drink is mostly a transition on Mondays and mostly a reward on Fridays. A one-week notebook experiment can help: note the time, what happened just before the urge, what you hoped the drink would do, and what helped instead. Keep it simple; a few words are enough.

Ritual replacement is not the same as drink replacement

There is a big difference between replacing the *drink* and replacing the *ritual*. If you pour sparkling water into a mug while standing at your laptop, you have changed the liquid, but perhaps not the habit's sensory cues or its meaning. If the pleasure lies in choosing a glass, hearing the fizz, taking a breath and sitting down, those details matter.

Try building the replacement around the parts you want to keep:

- **The vessel:** choose a glass, cup or tumbler you like using.
- **The preparation:** chill it, add ice, squeeze citrus, or make a zero-alcohol drink carefully rather than as an afterthought.
- **The setting:** sit somewhere other than your desk, even if it is just the other end of the sofa.
- **The pause:** take the first few sips without scrolling or answering messages.
- **The boundary:** let the drink mark the start of personal time, rather than becoming another task to optimise.

Non-alcoholic beer, wine and spirits work well for some people and not for others. For one person, they preserve a familiar taste and occasion; for another, the flavour or packaging makes the alcohol habit feel more present. You do not have to force either response. Test what suits you.



Create an end of day transition that works at home

In an office, a commute or the walk to a station provides a natural buffer between work and home. Remote workers often have to create that buffer deliberately. An effective *end of day transition* is usually small and repeatable, not an elaborate wellness routine that takes an hour.



Make the first step visible

Pick one action that means “work is closed for today”. For example, write tomorrow’s first task on a note, shut down the laptop, and put it away. If your equipment has to stay in the same room, close the work tabs, cover the screen, or turn the chair away from the desk. The goal is to reduce the visual reminder that you are still on call.

Add a change of state

A physical cue can help when your work and living spaces overlap. Change out of work clothes, wash your face, step outside for five minutes, or make a short trip to the local shop. You are not trying to achieve a fitness target.

You are giving your brain and body a clear, ordinary signal that the next part of the day has started.

Choose one activity before the evening gets away from you

"I'll do something relaxing" is too vague to be a reliable plan. Instead, choose the first activity and make it easy to begin: put the book on the sofa, set out ingredients for dinner, or queue up a particular podcast. The first step should take less than two minutes if possible.

These are practical *evening routine ideas*, but they are options to test, not rules. If your evenings are unpredictable because of childcare, shift patterns or late meetings, thecoachspace.com use a flexible sequence rather than a fixed clock time: close work, change state, then choose an off-duty activity.

Make the routine intentional, not ambitious

A common trap is designing a complete new evening routine on a Sunday night, then feeling you have failed by Tuesday. Start with a short sequence you can repeat on an ordinary workday.

1. **Pick the moment:** decide what event will trigger the routine, such as your last meeting ending or saving your final work document.
2. **Choose one transition cue:** close the laptop, change clothes, or step outside.
3. **Choose one enjoyable next thing:** make a drink, prepare dinner, or spend ten minutes on a hobby.
4. **Make it easy:** put the glass, ingredients, book or walking shoes where you will see them.
5. **Review after a week:** ask what helped, what felt awkward, and what you want to change.

Keep the experiment focused. If you are testing a new wind-down routine, do not also overhaul your sleep schedule, diet and exercise plan that same week. You want to learn which change made the difference.

When stress is the main driver

If a drink is the quickest way you know to switch off, a replacement may take practice. Try matching the alternative to the kind of stress you have. After a day of back-to-back video calls, quiet and low stimulation might help more than another screen-based activity. After solitary work, a call with a friend or a class may feel better than being alone with a book.

For a simple decompression option, set a timer for five minutes and write down what is still on your mind. Separate items into "tomorrow", "waiting on someone else", and "not mine to solve tonight". This will not fix every work problem, but it can give unfinished thoughts a place to go besides round your head.

If you would value support from a person rather than another self-help plan, **The Coach Space directory (Find a coach - free consultation)** can be a starting point for exploring coaching. A coach may help you clarify what you want your evenings to look like and build a plan you can sustain. Coaching is not a substitute for clinical care, and you can ask about a coach's experience and approach before deciding whether to continue.

Be thoughtful about products and supplements

Some people consider products such as **CBD Sleep Gummies (Joy Organics)** as part of an evening routine. Treat this as a product decision, not a guaranteed solution for sleep, stress or changing your drinking habits. Evidence, product composition and individual responses vary, and CBD products should not be presented as a replacement for medical advice or treatment.

Check the label and the company's information carefully. If QR code lab results are available, use them to review the reported contents and testing details; a QR code alone is not proof that a product is suitable for you or will have a particular effect. Check whether the results relate to the exact product and batch you are considering, and note any limitations in the testing information.

Ask a pharmacist for advice if you take medication, have a health condition, are pregnant or breastfeeding, or are unsure about possible interactions. Product rules and availability can differ between countries, so look for information relevant to where you live. Avoid relying on claims that a supplement will make you sleep better or make it easy to stop drinking.

When changing your drinking needs more support

If you drink heavily or regularly, stopping suddenly can be dangerous for some people because alcohol withdrawal can cause serious symptoms. If you are worried about how much you drink, find it difficult to cut down, or experience symptoms when you stop, speak with a GP or an alcohol support service before making a sudden change. Seek urgent medical help for severe symptoms such as confusion, hallucinations or seizures.

That is not a reason to feel ashamed; it is a reason to get the right support. A routine can help with cues and choices, but it cannot safely manage withdrawal or replace professional care.

A realistic first week

For the next seven days, try this modest experiment: at the end of work, write down tomorrow's first task, close or cover your work setup, and change one physical cue by stepping outside or changing clothes. Then make a drink you actually enjoy and sit somewhere away from the desk for ten minutes.

Note whether the routine helped with transition, decompression, reward or sensory pleasure. If it did not, that is useful information—not a personal failure. Change one part next week. Alcohol-free evenings become more workable when the alternative answers the need the drink was meeting, while still feeling like an evening you want to have.