

If <https://thecoachspace.com/p/cbd-alcohol-free-evening/> you work from home, the end of the working day can be surprisingly hard to feel. There may be no train journey, walk to the car or change of building to mark the shift. One minute you're answering messages; the next, you're standing in the kitchen thinking about a drink.

That craving doesn't automatically mean you have a drinking problem. It may be a learned cue: work ends, a particular feeling appears, and alcohol has become a reliable way to change the mood. The useful question is not "What's wrong with me?" but "**What job is this habit doing?**"

Once you can name that job, you can decide whether you want to keep the ritual, change the drink, or build a different route into the evening. This is the starting point for a more useful **work from home wind down**—one that doesn't rely on vague instructions to "just relax".

Why the craving arrives at the same time

Habits are often linked to cues, not just conscious decisions. Your cue might be closing the laptop, finishing a final call, changing out of work clothes or seeing the clock reach a familiar time. If drinking has repeatedly followed that cue, your brain may start anticipating it before you've even decided what you want.

That pattern is sometimes called a **habit loop**: a cue prompts a routine, and the routine brings a reward. In **habit loop evening drinking**, the reward might be a change in mood, a sense of completion or the pleasure of a familiar taste. The loop can become especially strong when your workday and home life happen in the same room, because there's no natural boundary to interrupt it.

Cravings can also be louder when you're tired, hungry, stressed or overstimulated. They don't always mean you want alcohol specifically. Sometimes they signal that you want a break, a treat, company or a clear "work is over" moment. That distinction matters: replacing alcohol alone may not meet the need if the job it was doing remains undone.

The four jobs an evening drink may be doing

For many people, a drink is doing more than one job. Try noticing which of these feels familiar. You don't need to judge the answer; you're gathering useful information.

Job What it can feel like A question to ask yourself Decompression A way to soften the edge after pressure, conflict or a packed day. What kind of release would help my body settle? Transition A marker between "work mode" and "home mode". What could clearly signal that work is finished? Reward A treat after effort, especially when the day felt demanding or thankless. What would feel genuinely satisfying tonight? Sensory pleasure or connection The taste, glass, pour, first sip, or shared moment with someone else. Which part of the ritual do I most want to keep?

The sensory part is easy to overlook. A replacement that is technically alcohol-free may still feel unsatisfying if what you miss is the cold glass in your hand, the sound of ice, a bitter flavour or the pause created by making a drink. The aim is not to pretend that sparkling water is identical to wine. It's to notice which details matter and choose deliberately.

Ritual replacement versus drink replacement

Drink replacement means choosing another beverage. That can be useful if taste, temperature, bubbles or the act of pouring are central to the habit. You might try a tonic with citrus, a non-alcoholic option, a favourite tea served in a proper cup or a chilled drink poured into the glass you enjoy using.

Ritual replacement means changing the sequence or meaning of the moment. For example, you might shut down your computer, step outside for ten minutes, put on comfortable clothes and then make something to drink. The new routine still says, “The working day is done,” but it gives that message through several actions rather than relying on alcohol alone.



These approaches can be combined. If you only replace the drink, you may still be left without a transition. If you only add a walk, you may miss the flavour and ceremony you were looking forward to. Try asking: **Do I want the drink, the ritual, the feeling it promises—or a mixture?**

Make the end-of-day transition visible

Remote work blurs boundaries because the tools and tasks of work remain within reach. A practical **end of day transition** gives your attention something concrete to follow. It doesn't have to be elaborate or take an hour. In fact, a short routine is often easier to repeat.



A ten-minute first-step routine

1. **Close the workday.** Save what you need, write down the first task for tomorrow and shut the laptop. If you can, put it away rather than leaving it open in view.
2. **Change one sensory cue.** Change your clothes, wash your hands, open a window or switch on a lamp that you use in the evening. Choose a cue you can actually do on ordinary days.
3. **Move your body briefly.** Walk round the block, stretch for five minutes or take the bins out. The point is to change state, not to complete a workout.
4. **Make your chosen drink with attention.** Choose the glass, temperature and flavour you want. Pour it slowly and take the first sip away from your work screen.
5. **Decide what comes next.** Pick one small evening activity: start dinner, call someone, read a few pages or sit outside for a moment.

The first step is the most important because it gets the routine moving. If the full sequence feels like too much, begin with one action: close the laptop and leave the room for five minutes. A habit is more likely to stick when its starting point is clear and manageable.

Run a one-week experiment, not a personality test

Try a small experiment for seven days. You are not trying to prove that you have perfect willpower. You're checking what helps, in the actual conditions of your life. Keep a notebook, or use a note on your phone, and record a few details before you decide what to change.

- What time did the craving show up?
- What had just happened—an email, a meeting, a deadline or the end of a task?
- What did you feel in your body or mood?
- Which job did the drink seem to be doing?
- What did you try instead, and how did it feel after 20 minutes?

Keep the experiment modest. For instance, you could try a ten-minute walk before deciding whether to have a drink, or make a non-alcoholic drink in your usual glass while closing down your laptop. You might still choose an alcoholic drink. The point is to create a pause in which the choice is more intentional.

At the end of the week, look for patterns rather than a pass or fail. Perhaps cravings are strongest after late meetings, or a satisfying dinner reduces the pull. Perhaps the walk helps with stress but the drink ritual still matters. That information tells you what to adjust next.

What about sleep products and CBD?

Some people look for products to help them wind down or sleep. If you're considering CBD, treat it as a product choice that deserves careful checking—not as a guaranteed solution to cravings, stress or sleep. Evidence and product quality can vary, and CBD may interact with medicines. It can also cause side effects.

Joy Organics, for example, sells products including **CBD Sleep Gummies (Joy Organics)**. Mentioning a product is not a recommendation or a claim that it will solve an evening routine. Before using CBD, check the ingredients, serving information and local rules, and speak to a pharmacist—particularly if you take prescription or over-the-counter medicines, have a health condition, are pregnant or breastfeeding, or are unsure whether it is suitable for you.

Where a company provides **QR code lab results**, use the code to review the available testing information and check that it relates to the product and batch you're considering. Lab results can provide useful information about testing; they don't establish that a product is right for you or prove that it will deliver a particular effect. For personal safety questions, **pharmacist advice** is more useful than relying on marketing claims or online anecdotes.

When extra support could help

If you're drinking more than you intend, finding it hard to cut back, or noticing that alcohol is affecting your health, work or relationships, it's reasonable to talk to someone. You don't need to wait until things feel "bad enough". A GP or local alcohol support service can help you think through safer next steps without shaming you.

Coaching may also be helpful if you want support with boundaries, stress or a routine that fits around remote work. The **Coach Space directory (Find a coach - free consultation)** can be a place to explore coaching options and arrange an introductory conversation. A coach is not a substitute for medical or specialist alcohol support, but they may help you turn a broad intention into a practical plan.

Start with the job, then choose the next step

A craving at the end of work is information, not a verdict on your character. It may be pointing to an unfinished transition, a need for reward, a wish to settle down or a desire for taste and ceremony. When you identify the job, you can build a routine that meets more of it.

Tonight, try this: when work ends, close the laptop, change one sensory cue and take five minutes away from your desk before choosing what to drink. Notice what feels better—or what's still missing. That's a useful first step towards a **work from home wind down** that feels like yours, rather than another rule you're supposed to follow.