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Contact:
ashley@nardimedia.com

Navy Veteran & Sexual Assault Survivor Launches #BingingSober Community To Support Growing Sober Curious Movement *Accessible, online community focused on moderating unhealthy coping mechanisms, being offered for free for the first three months of 2023*

Interviews Available with #BingingSober Founder and Mental Toughness Expert, Colleen Ryan-Hensley*

On January 1st, 2023, Navy Veteran, Sexual Assault Survivor, and Mental Toughness Expert [Colleen Ryan-Hensley](#) will launch #BingingSober, an online community to serve those who are stuck in the downward spiral of binging unhealthy habits and are ready for a change. The #BingingSober community will provide online and accessible education and awareness to help people embrace the full spectrum of experience, emotions and feelings, joy and pain, and teach members how to manage all of it well.

#BingingSober aims to redefine **mental toughness and sobriety as co-antidotes to escape, and to lead one million people into an upward spiral of healing.** Building on the already 40 million strong sober curious movement, the #BingingSober community will provide **live support, interviews with mental health and wellness experts, community challenges, educational workshops, and more.** **The community will be available to everyone at no cost for the first three months of 2023.**

#BingingSober

The #BingingSober process focuses on **the value of taking time away from intoxication in all its forms—including alcohol, social media, food, and more—rather than practicing abstinence from a single habit.** The statistics on binging unhealthy habits are alarming: **One in six Americans binge drink, with 25% doing so at least weekly. What's more, 73% of Americans admit to binge-watching, with the average binge lasting over three hours.** These multiple activities and habits can be traced to a single, underlying culprit: escapism.

“Escapism is the single biggest threat to the health of our society and the # 1 cause of the current mental health crisis,” says Colleen. “The habitual, socially driven, and accepted use of mind-numbing methods to avoid feeling real life is canceling our ability to self-regulate.”



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She has used the #BingingSober process herself for almost two decades to manage depression, post-traumatic stress from a military sexual assault, and suicidal thoughts. It's a solution for both civilians and veterans to help those struggling with depression, trauma, and more.

Anyone can join the #BingingSober Community by visiting <http://www.colleenryanhensley.com>.

MEDIA CONTACTS

ashley@nardimedia.com

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Colleen Ryan-Hensley is a 10-year Navy veteran, candidate for Certified Mental Performance Coach with the Association for Applied Sport Psychology, and founder of #BingingSober. She holds an advanced degree in performance psychology and spent 5-years with the team of cutting-edge researchers and clinicians at the University of Texas at Dallas' Center for BrainHealth teaching High-Performance Cognitive Training to military veterans and their spouses and caregivers, active duty military, and first responders around the country. As an advocate for veteran wellness, she received a fellowship with The Mission Continues (themissioncontinues.org) and lobbied for veteran rights on Capitol Hill alongside her team at Iraq and Afghanistan Veterans of America (iava.org). She's been featured on NBC News Now, Fox and Friends, PBS, and various local media markets including Los Angeles, Chicago, and Houston.

Ryan struggled with depression, alcohol abuse and intermittent suicidal thoughts for over 20 years before she turned her fight into her greatest asset. Now, at 44 years old, this reformed Peter Pan-Sailor is married to the love of her life, a retired Navy Fighter Pilot turned airline pilot, and mental health counselor and is a full-time stepmom to three awesome young adults. She champions for proactive mental health, and optimal wellness from a place of knowing the ways in which living with depression can be an extraordinarily rich experience when you know how.

About #BingingSober

#BingingSober is an online, accessible community for education and awareness, providing skills and support to anyone caught in the downward spiral of one or more unhealthy habits. #BingingSober focuses on the importance for us to take time away from intoxication on our own terms, such as abstaining from alcohol or social media or junk food, or a combination, rather than giving it up forever, to see how any one thing truly impacts our well-being. The process encourages sustainable transformation through building awareness, control, and balance while giving individuals the tools of mental toughness to face off use and abuse. #BingingSober provides community members with a program that can be personally tailored and can act as a personal recipe for strength, healing, and growth, either on their own or as a supplement to other activities including counseling, support groups, and abstinence programs.



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Colleen is available for interview to discuss the launch of the #bingingsober community and how people can get involved, with talking points including:

- Colleen's personal traumatic experience with sexual assault in the military and how it informed the work she does today as a mental toughness expert and founder of #bingingsober
- Society's problem with escapism and why its getting worse
- The importance for us to take longer periods of time away from intoxication
- Redefining mental toughness and sobriety as co-antidotes to escape,
- What is #BingingSober and how people can get involved

Are you an escapist? When times get tough, which they almost always do or at some point will, there's no question that many **people turn to mind-numbing habits such as binge eating, binge drinking, binge watching shows, and binging social media in order to escape from their reality.** These unhealthy habits are eating away at our mental and physical health and overall well-being. The statistics are alarming: **One in six Americans binge drink, with 25% doing so at least weekly. What's more, 73% of Americans admit to binge-watching, with the average binge lasting over three hours. Still, the sober curious movement is already 40 million people strong, and growing.**