# Maz Compton's story: What helped her 'run towards' a sober life without alcohol

On New Year's Day 2015, Maz Compton - a former MTV presenter, radio host and the brains behind the [book and podcast 'Last Drinks'](https://shows.acast.com/last-drinks-podcast) - made the decision to give up alcohol for one month.

Maz recognised that alcohol had become an unhealthy tool to cope with stress from a high-pressure media job and the loss of a loved one.

At the time, she was the only person in her life that she knew was sober.

Once that month came to an end, Maz realised she had unlocked a "Pandora's Box full of benefits" and almost 10 years later, she has never looked back.

In this story, Maz Compton shares how alcohol was an almost inescapable part of working in the high-pressure media industry, how alcohol had become an unhealthy tool to cope with stress, and how she turned a month-long goal into an open, ongoing conversation about sobriety.

*If you would like to sponsor Maz Compton as she prepares to tackle City2Surf in August for FARE,* [*you can do so on her Grassrootz page.*](http://assrootz.com/foundation-for-alcohol-research-and-education-fare/maz-compton)

*And if you have an experience to share that can help people know they’re not alone, please share your story through our*[*Voices of Change project.*](https://fare.org.au/voicesofchange/)

https://youtu.be/0sfLMcwWvSg