

Recovery Tips for the Holidays

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The Christmas and New Years holidays are a time when people enjoy events, parties, and family gatherings. While many people enjoy the activities of the season without struggle, for those who deal with substance use or are in recovery, this season can be highly stressful and problematic. Here are a few ideas that may help those who need to include some healthy habits into their holiday.

1. **HAVE A PLAN** – We all know what our unhealthy habits are. Making a plan that focuses on including healthy habits into your daily routines will help you avoid the unhealthy things you do.
2. **BE REALISTIC** – Do not set your self up for failure by making promises to yourself that will be difficult for you to keep. Set small, realistic, daily goals. Achieve them. Celebrate your success and move on to the next goal you have. Small goals add up to big accomplishments.
3. **MAKE A SCHEDULE** – Actually schedule out your holidays by the day. Break that day into hours. Know what you will be doing so you are able to avoid those places, people, and things that might lead to making unhealthy choices.
4. **CREATE BOUNDARIES** – Boundaries have two purposes, keeping harmful things out and keeping helpful, safe things in. Create boundaries involving the things that trigger you. Keep them as far away from you as possible. At the same time, use what you know works to keep you safe and healthy.
5. **SAY NO** – It is okay to say no to things that happen around you. Feeling pressured to say yes adds stress and stress can be a trigger for making impulsive, unhealthy choices.
6. **CALL A FRIEND** – We all need support. If you are having a rough time, reach out to someone who supports and encourages you. Maybe that is more than one person. Make it a group event.
7. **TAKE CARE OF YOURSELF – YOU ARE WORTH IT!**