

# 10 TIPS FOR STAYING SOBER DURING THE HOLIDAYS

Staying sober during the holidays can be a challenge. It is often a stressful, pressure-filled, yet lonely time, that brings up difficult emotions & past memories of substance use. Follow these 10 tips below to stay sober this holiday season.

Make sure your basic needs are met by remembering to H.A.L.T. Check if you are:



## HUNGRY

Make it a point to eat regularly. Skipping meals can affect blood sugar, which in turn, can affect mood.



## ANGRY, IRRITABLE, RESTLESS

Don't forget to meditate, exercise, & get outside this holiday, it reduces stress, decreases rumination (running thoughts) & increases endorphins.



## LONELY

Write a list of people who love & support you, who you can talk to during the holiday when you are feeling down.



## TIRED

The holiday season can often include a number of late nights. Ensure that you get a full 8 hours of sleep so you are rested & ready to go.



Create & introduce new traditions. Plan activities that do not revolve around alcohol or other drug use. Try ice skating, decorating cookies, or watching movies.



## Make a backup plan.

If you find yourself in a situation where you feel a strong urge to drink or use drugs, have an escape plan.



Help others. Volunteering can help you get outside of your head, improve your sense of well-being & enhance self-esteem.



## Give thanks.

Fostering an attitude of gratitude will help prevent against possible relapse. Everyday, list 3 things you're thankful for.

*I am thankful for:*

1. My sobriety
2. Having a warm place to sleep at night
3. My dog



## Don't go it alone.

Ask for help from family & friends. Have a sober buddy (friend or family member) join you at holiday parties where alcohol or drugs are present.



Bring recovery materials when you travel – your favorite recovery book, CD, or movie. Recovery oriented media can help remind you, support you, & keep you on track.



Write your very own personal 500 word "Guide to Staying Sober Over the Holidays" to keep with you. Share it with others who may be struggling this holiday season.

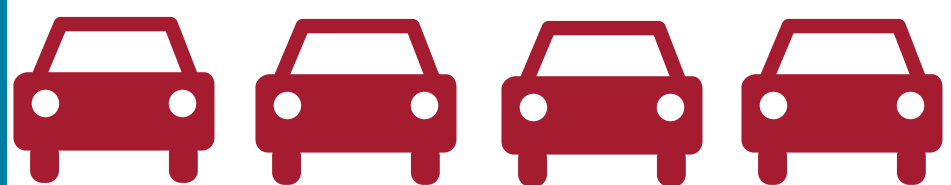


## Prepare your elevator speech.

Talk about your sobriety – or don't – but be ready with an answer you feel comfortable sharing when someone tries to pass you that glass of champagne, or a relative has questions.



Seek out recovery support wherever you are. New mobile apps make it easy to find meetings almost anywhere.



**KEEP SOBRIETY YOUR PRIORITY.**

FOR MORE INFORMATION VISIT:  
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