



## How to Have a Safe and Sober Holiday

Now that you know the five major holiday stressors, what can you do to protect yourself and remain safe and sober? It pays to have a plan, not just any plan, but a **holiday plan**.

**Do what you've found effective so far in keeping you sober.**

**Make a daily schedule** – and stick to it.

**Keep up regular 12-step group meeting attendance.** If traveling, locate groups in the area and keep your meeting schedule. If you experience stress, immediately go to a meeting.

**Arrange to meet with your sponsor,** by phone, if unable to meet in person.

**Be sure to get adequate rest,** adhere to a normal exercise routine and eat well-balanced and regular meals.

**Avoid stressors** as much as possible.

**Schedule sober activities** during the holiday period. Many 12-step groups have sober holiday events that you can partake in.

**Use meditation, breathing exercises, yoga,** going for a walk, tending to your spiritual needs, reading recovery literature, writing in your journal as healthy ways to cope.

**Prepare a polite way to say no to invitations** you know you shouldn't accept. If you are at a party or get-together and conflict ensues or you feel uncomfortable where others are drinking and/or using, leave.

**Accept that what you are feeling is normal,** understandable and, most of all, manageable.