

## RECOVERY DURING THE HOLIDAYS

People recovering from an addiction can enjoy the same wonder and excitement as others during the holidays. But holidays can also be a time of stress, depression and self-pity for those in the recovery process.

Before recovery, the holidays were probably times of broken promises and failed attempts to sober up. Maybe you no longer have a relationship with your family and are now about to experience your first sober holiday without them. Or perhaps this is one of many holidays that you have been sober.

Either way like most days in recovery, you can change your attitude and put a positive twist on it. Continued sobriety and recovery require actions, not simply the hope that the “spirit” of the season will carry you through. You, too, must give of yourself to spread the holiday spirit. Here are a few ways to make it through—and hopefully enjoy—the season.

- ❖ Remember your focus of maintaining sobriety. Don’t drink or use drugs. Your disease does not take a holiday. Times of sadness and times of celebration can carry risk of relapse, no matter how long you have been clean and sober.
- ❖ Avoid places where alcohol and other drugs are being used. If you find yourself in a situation where chemicals are being consumed, leave yourself an out. Wisdom is knowing when you need to make a change.
- ❖ Throw your own party where you can set the rules and control the guest list.
- ❖ Go to recovery meetings and participate in seasonal “gratitude meetings” and other fellowship activities. Share with others who are also struggling with recovery.
- ❖ Consider volunteering for a day at the local Salvation Army, halfway house or shelter.
- ❖ Decorate your residence, whether it is a home or a room in a halfway house.
- ❖ Avoid overeating...and if you can’t, it’s OK! Budget your money, (people-pleasing often stretches our wallet) sharing time and kindness is worth more. Play, exercise, it is OK to have fun.

Call your sponsor and/or spiritual leader and meet with him or her. When old memories begin to haunt you, read something that inspires you, possibly your Big Book. If you are struggling with your recovery, go back and do the things that have worked for you in the past.

By Ken Thompson, M.D.

1999 University of Florida

Compliments of Glenbeigh Hospital & Outpatient Centers (1-800-234-1001)

## NONALCOHOLIC HOLIDAY DRINKS

### Holiday Fruit Punch

Yield: 4 Servings

½ Cup Grapefruit Juice

1 Cup Apple Juice

¼ Cup Orange Juice

1/8 tsp. Ground Ginger

1/8 tsp. Cinnamon

Dash Ground Cloves

Mix all ingredients together and

Serve over ice or blend 8-10 ice cubes

For a frothy drink.

### Iced Coffee

1 Scoop Ice Cream in a 12 oz. glass

Fill with chilled coffee

Top with whipped cream & garnish

Serve with tall straw and tall spoon

#### Garnish Variations:

French Vanilla

Candied Espresso Bean

Mint or Mint Leaf

Swiss Chocolate Almond

Toasted Almond

Compliments of Glenbeigh Hospital and Outpatient Centers  
(1800-234-1001)

Recipes by MCDAC Community Partnership, Morgantown, WV