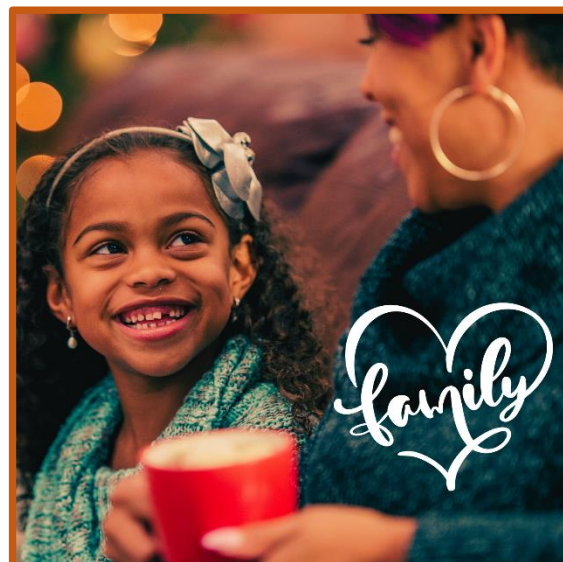


## Celebrating Sobriety During the Holidays

As the holiday season approaches, we find ourselves surrounded by festive decorations, family gatherings, and an abundance of food and drink. While this time of year can be magical, it can also bring unique challenges, especially for those in recovery. Celebrating sobriety during the holidays is not just possible; it can also be a deeply rewarding experience. Check out these practical tips for navigating the festivities while honoring your journey toward wellness!

- 1. Embracing Your Journey:** Sobriety is a significant achievement worthy of celebration, and the holidays can serve as an opportunity to reflect on your progress. Take a moment to acknowledge how far you've come. Consider keeping a journal to document your thoughts and feelings. Reflecting on your journey can enhance your sense of gratitude and remind you of the strength you possess.
- 2. Setting Boundaries:** While many gatherings may involve alcohol, it's important to prioritize your well-being. Setting boundaries is crucial. Before attending events, decide whether you'll attend specific gatherings and what your limits will be. You might choose to attend only sober events or bring a friend who understands your journey. Communicate your needs with loved ones—they may be more supportive than you expect.
- 3. Finding Alternative Celebrations:** Incorporate sober activities into your holiday celebrations. Organize or suggest alternatives that focus on connection and joy without the presence of alcohol. Think game nights, crafting sessions, or nature walks. These gatherings can foster deeper connections and help create lasting memories.
- 4. Embrace the Spirit of the Season:** The holidays are not solely about parties or drinks; they're about connection, love, and gratitude. Focus on what truly matters—spending time with family and friends, giving back to the community, and creating new traditions that resonate with your values. Volunteer at a local charity or organize a toy drive. Engaging in meaningful activities can enhance your sense of purpose and community.



5. **Prepare for Triggers:** It's natural to encounter triggers during the holidays. Anticipating these situations can help you navigate them with confidence. Consider developing a plan for moments of temptation. This might involve having an exit strategy, practicing grounding techniques, or reaching out to a support network. Remember, it's okay to step away if you're feeling overwhelmed.
6. **Celebrate Your Achievements:** Take the time to celebrate your sobriety! Host a small gathering where the focus is on sharing your story and supporting one another. Create a sobriety countdown to the New Year, sharing positive affirmations or highlights from your year. This creates a supportive environment and reminds everyone of the strength in vulnerability.
7. **Mindfulness and Self-Care:** As the hustle and bustle of the season ramps up, don't forget to prioritize self-care. Incorporate mindfulness practices into your daily routine. Whether it's through meditation, yoga, or simply taking a moment to breathe, these practices can help ground you. Listen to your body and mind; if you need rest, allow yourself that time. Remember, your mental health is paramount.
8. **Reach Out for Support:** If the holidays become particularly challenging, don't hesitate to reach out for support. Whether it's a therapist, a support group, or trusted friends, having a network to turn to can make all the difference. Many organizations offer resources specifically designed for those in recovery during the holiday season.

### Closing Thoughts

This holiday season let's celebrate sobriety not just as a personal milestone, but as a shared journey. Embrace the opportunity to connect, reflect, and create new traditions that honor your commitment to wellness. Remember, you are not alone in this journey, and there is strength in the community.

*Wishing you a joyful and sober holiday season!*

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