

Have a Safe and Happy Holiday Season

What can you do to stay sober?

- ❖ Volunteer at a local charity
- ❖ Keep attending your meetings
- ❖ Spend time with sober friends
- ❖ Know your triggers and avoid them
- ❖ Talk to someone, journal, stay on track
- ❖ Avoid bars or past places you went to drink
- ❖ Avoid places and people where you know drugs are available
- ❖ Try to attend get togethers where there are non-alcoholic drinks
- ❖ Stay busy. Staying busy can help with down time and thoughts of using.

How to plan your own substance-free party?

- ❖ Serve healthy foods and avoid salty snacks. Salt creates a thirst for a beverage.
- ❖ Have plenty of non-alcoholic drinks at the party
- ❖ Invite others who are going through the same thing, make it a party for the sober and drug free.
- ❖ Have games or group activities such as karaoke
- ❖ Have music playing, it is a great mood enhancer

