Tips on How to Stay Sober During The Holidays:

1. Make a plan to stay sober with a sponsor or other sober person

2. Go to sobriety meetings every day. If you do not like 12-Step programs, there are other programs to address sobriety available. If you need a sobriety program, call SHARE! 1-877-SHARE-49. See the meeting schedule at shareselfhelp.org

3. Call several sober people a day. Each sobriety program has a phone list of people willing to take calls

4. Volunteer to keep yourself busy and to get the "Helper's High." People who help others are happier than those who seek happiness on their own.

5. Relapse Prevention

6. Bring sober companions to places where alcohol may be served

7. "Bookend" (talk to someone before a difficult event and then after the event) with a sober buddy when going to family, job or other places alcohol or drugs may be present

8. Ask family and friends for support

9. Stay in Gratitude. See the positives in one's life.

10. Call your family/friends

11. Keep yourself busy with safe, meaningful activities, e.g. binge-watch shows, exercise, faith community, volunteering, movies, video games, shopping, etc.

12. Keep your home as safe, comfortable place

13. Celebrate the holidays by decorating, cooking and baking

14. When attending events where alcohol may be present, bring a sober friend, keep a soft drink in your hand so no one offers you an alcoholic drink, avoid talking to people who trigger bad feelings, consider not attending events that pose high risks of relapsing or plan to leave early, use your own transportation to the event or come with someone sober so you can leave if you need to

15. Throw a sober party

16. Practice self-care throughout the holidays—eat well, sleep well, take care of your needs, give yourself credit for every little thing you accomplish

17. If traveling to another city, find the sobriety meetings there before you go, or find online meetings to attend while away.

18. The Alcoholics Anonymous local offices will have live people to talk to 24/7.

SHARE!

shareselfhelp.org