



Being Mindful Over the Holidays


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Can We Chose Sobriety at Christmas?

This is a time of year when 'celebrating' most often includes imbibing liquor

There are lots of parties and lots of peer pressure


So protecting our sobriety can be extra challenging, especially if we are not yet on solid ground with our recovery



Strategies to Support Sobriety

Acknowledge the challenge coming up and ask yourself what kinds of strategies can you use to support yourself

- ❖ to minimize relapse and support your recovery journey



Hold Onto Your Recovery Rituals

Don't stop doing what you are already doing to stay sober

- ❖ take time in the morning for quiet contemplation
- ❖ read spiritual and/or recovery literature
- ❖ plan the day ahead and know how you will detour if needed



Shore up Your Support Network

We all need a support network – which is like a safety net that can catch us when we fall

Take some time now to connect with others who you know support your recovery journey

- ❖ get phone numbers
- ❖ plan times to get together
- ❖ ask for permission to reach out if needed



Stay Conscious of Choices you are Making

Sobriety is about being more accountable; we are not 'checking out' with our drug of choice

We are also being more courageous to face our decisions – good or bad; if you go to a slippery place and you slip, do it consciously

Learn from the experience rather than beat yourself up – (a beating is never a strategy for change)



Be Your Own Best Friend

Stay positive, no matter what

Life in recovery is a journey not a destination

Know you are not alone – we are your 'herd' – stay in the middle

Take each day, one day at a time; you will get through this and to the other side



What is Your history with the Holiday Season?

Think back to your childhood (prior to 13 years) and write down 3 words to describe the holiday season in your family home.

1. What was hardest about Christmas for you?
2. Did your family have rituals – and did you enjoy them or not?
3. Was there pressure of any kind – on you or others in your family?



Rewriting our History

1. If you could have had 3 wishes as a kid at Christmas, what would they be?

- 1.
- 2.
- 3.

2. Take a minute to describe the fantasy Christmas you imagine would have made it perfect as a kid growing up.



Christmas Today

1. How will you spend the holidays this year?
2. What are you looking the most forward to?
3. What are you looking forward to the least?
4. What can you do to minimize any pressure or discomfort and increase the joy?
5. Can you turn your fantasy into more of a reality?