



**GOOD LIFE  
RECOVERY**

**Self Care in Sobriety over the Holidays**

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**Stress is a Factor in Relapse**

**What stresses live in the life of your family over the holidays?**

- ❖ From your early life?
- ❖ From your adult life?
- ❖ Currently?



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**Tips for making your Sobriety *the* Priority**

**Physical Safety**

- 1. Stay in the middle of your herd.**  
(know who your people are)
- 2. Stay off all slippery slopes.**
- 3. Mix your own drinks.**



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**Tips for making your Sobriety *the* Priority**

**Mental Safety**

4. Never barter with or try to outsmart your addiction.  
(it's a cunning, baffling & powerful disease/  
condition/affliction – that will always win.)
5. Take life 'one minute at a time' if necessary.  
(Think about starting your day over at any time.)
6. Stay forward focused.



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**Tips for making your Sobriety *the* Priority**

**Emotional Safety**

7. Remember that "no" is a complete sentence.
8. Recognize and avoid people-pleasing.
9. Be your own best friend.



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**Tips for making your Sobriety *the* Priority**

**Spiritual Safety**

10. Spend time each day doing something good for someone in need.  
(This is NOT people pleasing, and best if done without  
expecting recognition.)
11. Be grateful for what you have.  
(Practice gratitude as an antidote to self-pity.)
12. Make conscious contact with a Higher Power  
(Ask for help; pray for others)



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**Create Your Relapse Prevention Plan for the Holidays?**

**LIST 3 THINGS YOU WILL DO TO TAKE CARE OF YOURSELF AND PROTECT YOUR SOBRIETY OVER THE HOLIDAYS.**



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