



FOLD

FOLD

FOLD



Prepare for your holiday triggers.

Triggers are people, places, things, situations, and emotions that tend to upset us or inspire cravings.

1. Identify your triggers.

During past holiday experiences what stressed you or always went along with you drinking or using?

2. Make a plan to avoid triggers.

Bring a friend who can be a buffer at parties, watch different holiday movies, or bring a mocktail beverage to events, so you don't feel pressured or left out.

3. Can't avoid triggers? Cope.

Take a deep breath, go for a walk, call a friend, take a bathroom break, talk to your Workit Coach or supporter.

Need recovery help? Download Workit Health 

Create a self-care strategy.

Holidays can disrupt your routine, including positive habits that protect your recovery. Create a self-care strategy that can support you through the holidays.

1. Identify the parts of your regular self-care routine.

This may be: Exercise, talking with a close friend, going to recovery meetings, playing with your pet, prayer, meditation, or journaling.

2. Choose at least one of these to prioritize during the holidays.

3. Decide how you're going to make time and space for this activity amongst the bustle.

Need recovery help? Download Workit Health 

Plan for uncomfortable conversations.

1. Anticipate the kinds of conversations you'll likely face.

Questions about why you're not drinking or using the way they expected you to. Offers of substances you're trying to avoid. Or bringing up past behaviors in ways that make you uncomfortable.

2. Plan and rehearse assertive (not combative) responses.

"I appreciate the concern. I know that was hard to see me using/drinking, but let's focus on the positive. I heard <insert good news>. Tell me about that!"

"I have a drink (show mocktail) thanks tho!"

"I promised to get up early to <cook, shovel, pick up grandma> so I'm taking it easy."

Need recovery help? Download Workit Health 

Have an exit plan for holiday parties.

1. Don't rely on others for transportation.

Drive yourself or get a ride-share or taxi so that you don't have to rely on someone else to leave.

2. Set up an SOS signal.

Plan a signal with someone who will help extract you if things get awkward.

3. Give yourself permission to leave whenever you're ready.

Sometimes we stay in a situation because we think it's not bad enough to justify leaving, but you can leave for any reason.

Need recovery help? Download Workit Health 

FOLD

FOLD

FOLD

