

How to Support a Person in Recovery During the Holidays

Everyone's journey in recovery is unique to them – there is no one size fits all approach. Here are a few tips to support someone in recovery throughout the holiday season (and beyond)!

- Respect the decision and support the recovery of your loved one even if they choose not to attend. The holiday season can be a strong enough stressor just by itself. Sometimes we have to love family or friends from a distance.
- Store unused medication in your household in a secure location such as a lockbox.
- Provide non-alcoholic beverages at family gatherings.
- "It's okay if someone chooses not to drink!" Don't make a big deal out of it.
- Offer a well-balanced meal at a gathering or event.
- Plan activities, games, puzzles, etc. available for the event.
- Take care of yourself! You'll be able to be more supportive.
- Tell and show your loved one that you care and support them.
- Be open to uncomfortable conversations, but don't force them.
- Invite the person in recovery to contribute to the menu and overall planning.



Sources

<https://blog.samhsa.gov/2016/12/22/family-visits-and-holiday-strategies>

<https://drugabuse.com/stay-sober-these-holidays/>

<https://arrowheadlodgerecovery.com/sober-living-12-tips-to-holiday-sobriety/>

<https://www.smartrecovery.org/5-tips-to-enjoy-a-sober-holiday-season/>