

Supporting Loved Ones in Recovery During the Holidays

The holiday season can be especially challenging for those in recovery.

13% of U.S. adults report turning to alcohol or nicotine as coping mechanisms due to increased stress during the holiday season.

- American Psychological Association (APA)

ENGAGE IN MEANINGFUL CONVERSATION

How are you feeling about the holidays this year?

Is there anything I can do to support you?

What's been working well for you in your recovery lately?

I'm proud of how far you've come. Is there anything you're struggling with right now?



ACTIONS TO SHOW YOU CARE

Plan Sober Activities: Find alternative opportunities to gather to avoid increased exposure to substances.

Help with Boundaries: Offer to be their “exit plan” at stressful gatherings.

Be a Sober Ally: If hosting, be mindful of offering non-alcoholic drinks and menu items. If attending, stand by them at events where alcohol or substances are present.

Provide Encouragement: Celebrate progress, or remind them it's okay to take care of themselves when overwhelmed, whether it's self-care or seeking professional help.

Need Support This Holiday Season?

Recovery Centers of America is available 24 hours, 7 days a week to provide guidance, support and resources to help you or a loved one navigate the holidays in recovery.

Call Now **1-844-5-RCA-NOW** | www.recoverycentersofamerica.com



Recovery Centers of America