

Celebrating the holidays differently



This holiday season may look a bit different, but there are several ways to celebrate safer, including:

- **Remain physically distant and wear masks:** Wearing a mask and remaining socially distant whenever possible can help keep yourself and others safe, which is especially important when spending time with loved ones during the holidays. A mask takes minimum effort to wear and can save a life. Take it off to eat, then put it back on.
- **Use technology:** The internet has transformed the way people interact, and that includes more than video calling and Facebook. You can play games, watch movies and more—all while talking to your family and friends, wherever everyone may be.
- **Celebrate with your quarantine group:** If you've been quarantining with your family, significant other or friends, celebrate the holidays with them instead of venturing out. Limiting your contact with people can help stop the spread.

If you are in recovery, the holidays can present additional obstacles.

To help stay on track:

- Attend support meetings – virtually or in-person
- Find a sponsor – having a support person can be key
- Exercise regularly – physical activity can help with overall well-being
- Schedule other activities – keep yourself busy to help avoid pitfalls
- Stick to your treatment plan
- Recognize your warning signs of relapse – it's OK to say "no" to traditions that cause stress or put your recovery at jeopardy
- Choose nonalcoholic drinks. Remember, you don't need spirits to be merry!
- Talk to your counselor or contact your local crisis center if needed

We are here to help.



Source: Substance Abuse and Mental Health Services Administration

