



ATR Holiday Recovery Toolkit

Recovery is an individualized process, and each recovery path looks different from person to person. The holidays can be an equally joyful and stressful time, whether you are in recovery or not. We have pulled together resources and guidance for you to help ease the stress of the holidays and support your recovery along the way.

Stay Connected	If you can continue attending your regular support groups and meetings, we encourage you to do so! Staying connected with your recovery community is crucial no matter what time of year it is. If the weather restricts your travel plans to get to and from meetings, consider setting up a Zoom meeting with your group or sponsor, or join a virtual recovery group .
Maintain Your Self-Care	While the holidays can be filled with good food, friends, and family, this year it may look different. Remember to prioritize your self-care – get enough rest, move your body, and eat healthy, balanced meals in between a few holiday treats.
Evaluate Your Priorities	<p>From holiday parties to family get-togethers, the holidays include a number of outings that may feel like obligations. Remember to prioritize your recovery, even if that means declining an invitation. Ask yourself a few questions as you are looking at the events coming up.</p> <ul style="list-style-type: none">• What is the real reason for this event?• Where am I in my recovery journey? Based on this, am I ready to attend this event?• Why do I want to attend?• Can I connect with my family and/or friends in another way outside of this event? <p>Evaluate your answers and decide what will help you feel socially connected and steady in your recovery.</p>



Create A Plan	Before you put your coat on and head out the door, create a plan for yourself. Plan your transportation separately from others if you decide you would like to leave early, invite a sober friend for social support, and remind yourself why you want to attend. If the holidays or gatherings are triggering, let a trusted friend or sponsor know your whereabouts if you need a safe space to talk or a ride home.
New Holiday Traditions	You may decide that the best thing to do for your recovery is not visiting with family or attending a gathering, and that is okay! You can create a new holiday tradition for yourself: make a holiday treat for your neighbors, watch a holiday movie, or set up a time to call a family member or friend. Whatever “tradition” means to you, you can create something that is safe and fun for you and those around you.
Give Back	The holidays are a great time to serve your community and connect with those around you. Volunteer to serve meals, donate food or clothes, make holiday cards, donate gifts to children and families in need, or find another creative way to support your neighbors!

RESOURCES

For an overdose or related emergency, please call **9-1-1**.

If you are a sober family member, [this is a great resource](#) to support your family and friends in recovery during the holiday season.

Harm Reduction: [Massachusetts Syringe Service Program Locator](#) for free Narcan® and safe use supplies

National Suicide Prevention Hotline: 9-8-8

SAMHSA Hotline: 1-800-662-4357

Al-Anon Hotline: 800-356-9996

Massachusetts Overdose Prevention Helpline: 800-972-0590 or www.massoverdosehelpline.org

Massachusetts Substance Use Helpline: 800-327-5050 or www.helplinema.org

