

Five Ways to Address the Holidays and Addiction Recovery

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The holidays can be hard for someone who is recovering from an addiction. Fortunately, there are a few measures that family members and friends can take to help someone who is in recovery. These methods can ensure that the holidays go as smooth as possible.

Accept the Hard Times

One of the first ways that people can help those who are in recovery during the holidays is to accept that it is going to be hard. The first response might be to exclude someone struggling with addiction. The holidays are meant to be a time of celebration and addiction might be a difficult topic to address. On the other hand, it can also be hard not to have a loved one present during an important time of the year. Accept the hard times, and loved ones recovering from addiction, during the holidays.

Prepare in Advance

Another way to help loved ones dealing with addiction during the holidays is to prepare in advance. Try to identify certain situations that might be challenging for someone struggling with addiction. Depending on where a loved one is in his or her recovery process, it might be a good idea to avoid these situations if possible. A supportive environment is one of the keys to a successful recovery and holiday celebration.

Have a Recovery Kit Available

It is also a good idea to have a recovery kit available during the holidays for those who are recovering from addiction. This recovery kit might include messages of support from loved ones, helpful emergency contacts, a sponsor's phone number, or other helpful resources. These recovery kits demonstrate that there are people who care about someone who is recovering from addiction. The time and effort and loved ones can mean a lot to those who are trying to make a successful recovery.

Develop an Escape Plan

Holiday celebrations can be hard for those who are trying to recover from an addiction to alcohol or drugs. There might be alcoholic beverages available and being surrounded by a crowd of people can be stressful. Make sure there is an easy exit plan available for the loved one recovering from an addiction. The holidays are some of the hardest times for those who are in recovery and having an escape plan can help someone stay on the right track.

Celebrate the Good Times

Finally, it is imperative to celebrate good times. Remember, someone who is recovering from an addiction is still a complete, whole person. The entire focus shouldn't just be on his or her addiction. Their successes should be celebrated. This means not only celebrating the recovery process but also the tremendous amount of good that a person brings to the world. Celebrate the good times during the holidays.

Rely on Pathways Real Life Recovery for Addiction Recovery in Utah

The holidays can be a challenging time for those dealing with recovery addiction. Addiction recovery holidays can be challenging; however, everyone needs to know that professionals are able and willing to lend a helping hand. At Pathways Real Life Recovery in Utah, we do not take a one-size-fits-all approach. We try to identify your unique, specific needs and tailor our treatment plan to help our clients. As a professional addiction recovery center, we will work with you to not only attain sobriety but retain it for the long-term. Call us today to learn more about how we can help you!