



MANAGING ADDICTION DURING CHRISTMAS

The holiday season can bring joy and togetherness, but for many, it can also amplify struggles with addiction. Here is a guide to understanding these challenges and practical strategies for managing them during this time



ADDICTION DURING CHRISTMAS

- **Triggers:** The holiday season often involves alcohol, social gatherings, and indulgence, which can be triggering for those recovering from addiction.
- **Pressure:** Societal expectations to 'celebrate' can create stress, leading to potential relapse or binge.
- **Limited Support:** Many support services operate at reduced capacity over the holidays, leaving individuals feeling unsupported.

STRATEGIES FOR MANAGING ADDICTION

PLAN AHEAD:

- Identify situations that might be triggering (e.g., parties, gatherings).
- Plan responses to offers of alcohol or other substances.
- Communicate boundaries with friends and family.

ATTEND SUPPORT MEETINGS:

- Many groups, such as Alcoholics Anonymous (AA) or Narcotics Anonymous (NA), offer special round the clock holiday sessions.
- Utilise online meetings if in-person gatherings are unavailable.

CREATE A SAFE ENVIRONMENT:

- Stock up on non-alcoholic beverages.
- Spend time with supportive, understanding people.

PRACTICE SELF-CARE:

- Stick to routines that support recovery (exercise, mindfulness, journaling).
- Avoid overcommitting and allow time to rest. HALT (Hungry, Angry, Lonely, Tired).



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