

# *Surviving the Holidays*

## STAYING SOBER

### Don't Go it Alone

**Ask for help from family & friends. Have a sober buddy (friend or family) join you at holiday parties where substances are present. Know that they are there to help support you and leave with you if you feel uncomfortable.**



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### Create a Backup Plan

**Your safety and sobriety are a priority.**

**Have an exit strategy if you get too uncomfortable, such as another engagement to attend or fake emergency. Know who you can call if you need support and be sure they know to answer!**



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### Prep Your Elevator Speech

**Be ready with an answer you feel comfortable sharing when someone tries to pass you a drink or has a question, even if it's a lie. Something as simple as "I don't drink" or "It gives me a headache" is enough.**



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## STAYING SOBER

### Know Your Limits

**Family & friends can be a support, a stress, or a bad influence. Ask yourself:**

**What is the event all about?**

**Is it appropriate for my stage of recovery?**

**What are my motives for attending?**

**Will I feel safe and supported?**

**Never be afraid to say "no" or leave a situation.**

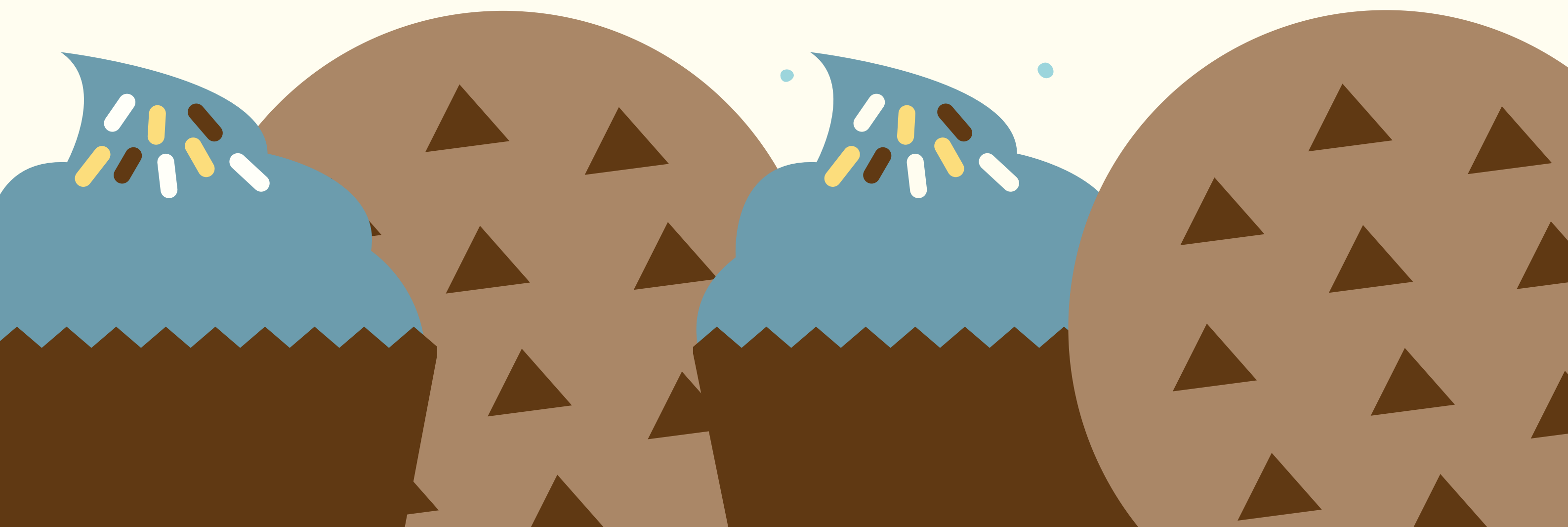


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## SHOWING SUPPORT

### Offer Alternative Drinks

**If you are hosting an event, be mindful of those who do not drink and offer at least one non-alcoholic option to guests**



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## SHOWING SUPPORT

### Be Supportive & Inclusive

**Show your support for sober friends by extending invitations, creating a safe space, and respecting their boundaries. You can also opt for a non-alcoholic event to include everyone!**



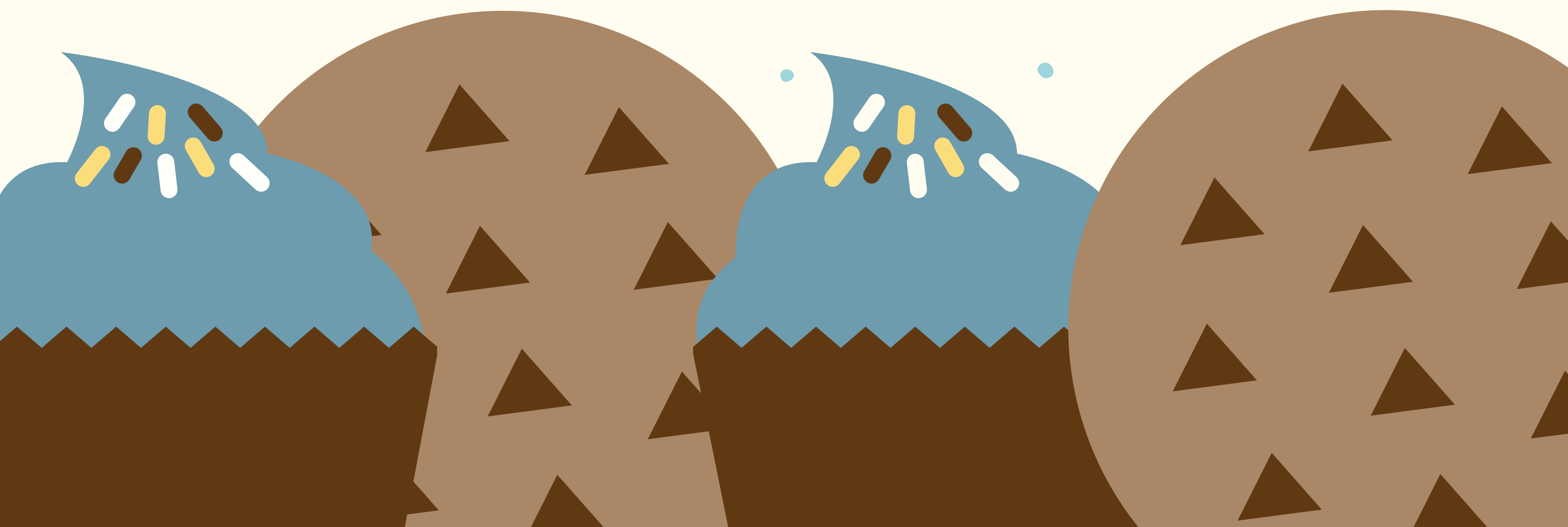


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## SHOWING SUPPORT

### Location, Location, Location

**Keep alcoholic beverages separate from non-alcoholic ones. Make sure punches, desserts, or any other items with alcohol in them are clearly marked.**



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## SHOWING SUPPORT

### Be Respectful

**If someone declines a drink or you know that they are sober or reducing their usage, avoid making a big deal about it. Allow them some discretion and do not draw attention to their choices. Not everyone wants to drink!**

