Facing Holidays and Other Stressful Events During Recovery: A Planning-Focused Guide



Section Title	Summary	Key Details
Facing Holidays and Other Stressful Events During Recovery	The holidays can challenge recovery, but preparation through a written plan protects you from common triggers.	Specific triggers should be identified, a support system established, and communication with a treatment provider initiated.
Understanding Holiday Triggers in Recovery	Holidays bring unique challenges for individuals in recovery, often increasing the risk of relapse.	Triggers include family gatherings, emotional challenges, and social settings with substance presence.
Identifying Your Personal Triggers	Personal triggers vary but must be recognized before the holiday season begins.	Common triggers include conflict, finances, loneliness, or specific environments. Journaling can help spot patterns.
Building Your Support Network	Having trusted contacts you can rely on during challenging moments supports recovery.	Choose individuals who will actively check in and be available when needed.
Communicating With Your Treatment Provider	Proactively working with a treatment provider helps tailor strategies for holiday challenges.	They can adjust coping techniques or medications and build a backup plan for tough situations.
Creating a Holiday Safety Plan	A written plan provides structure and confidence amid holiday stress.	Include triggers, coping strategies, support contacts, and exit plans for difficult events.
Prioritizing Self-Care During Celebrations	Protect routines and energy over the holidays to maintain mental wellness.	Set boundaries, step away for quiet moments, and stick to sleep and exercise habits.
Navigating Difficult Family Conversations	Prepare for common family dynamics and potential discomfort during gatherings.	Use prepared responses, set boundaries, and leave the room if necessary.
Preparing Now Protects Your Progress Later	Planning improves your chances of successfully navigating holiday stress.	Start conversations and plans early to turn hard moments into manageable ones.

copyright www.new-hope-counseling.com