

Celebrate the Festive Season Your Way - Drug and Alcohol-free

During the holiday season, parties often seem endless and the booze and even drugs are likely to flow freely. For recovering addicts, the entire season can be one big relapse trigger just waiting to be pulled.

If you're in recovery and aren't ready to be a sober person in these settings, (or just simply don't enjoy watching others get intoxicated), it doesn't mean that you have to miss out on all the holiday festivities.

Here are a few ways to keep the holiday season fun, substance-free!



1. Host a Substance- free Party

Decide on a theme party to keep it interesting, and arrange some games for your guests to partake in. Why not have guests compete in a competition throughout the day, with the winners of each event moving on to the next level until someone wins a prize. Or hire a friend's band or a local DJ if you've got the space. Keeping the party full of activities will make sure even the regular drinkers won't miss having alcohol (or drugs) at the party.

2. Take it Outside and Stay Active

Whether you live in a cold or warm climate, there are plenty of activities to partake in during the holiday season that will keep you and your friends having a great time without a drop of alcohol or drugs. Try a sleigh ride, ice skating, a game of hockey amongst friends and family, or tobogganing if you live in a cold climate. If you're somewhere warm, host a daytime beach party with volleyball and Frisbee tournaments or put together a scavenger hunt around town (or your own property).

3. Create New Holiday- inspired Traditions

Volunteer at a soup kitchen or spend your spare time sorting clothes and toys for your next vacation or local children's charities. These places always need extra help, but especially around the holidays. You'll be keeping in tune with the holiday spirit while meeting many great people at the same time. Plus, you're almost guaranteed to find that using your time to help others in need will warm your heart far more than any holiday party you may have been invited to.



4. Go Exploring



Grab a few friends and spend a weekend before (or even during) Christmas away from home. Perhaps you can borrow your uncle's old cabin in the woods, or find a rental just a few hours from home in the wilderness. Aim to go somewhere new each year. This will give you all something to look forward to during a time that can otherwise be very hard to deal with.



5. Become a Mocktail Connoisseur



If you know you're going to end up going to some parties throughout the season, or just want to spice up your substance-free parties – browse the web and you'll find hundreds of delicious alcohol-free drink recipes that any guest will go crazy over. If you're going to a party that includes alcohol, be sure to bring along one of your creations so you don't get stuck drinking plain water all night.



So this year, fill your holiday season with supportive friends and family. Partake in all the great traditions such as baking cookies and singing carols, while also adding new traditions to your yearly celebrations. And most of all, remember what the true holiday season is really about, and know that with each year passing, sober living will only get easier.



Happy Holidays

