

SOBER HOLIDAYS TIPS 2025

MAINTAINING SOBRIETY DURING THE HOLIDAYS



HANDLING HOLIDAY PRESSURE

- Take short breaks when overwhelmed
- Avoid conversations that feel triggering
- Give yourself permission to say no

EMOTIONAL PREPARATION

- Acknowledge mixed emotions
- Release unrealistic expectations
- Practice self-compassion

RECOVERY CHECKLIST

- Plan ahead for gatherings
- Set clear personal boundaries
- Have a support contact ready

SOCIAL EVENTS & SOBRIETY

- Bring a non-alcoholic beverage
- Stay close to supportive people
- Leave early if needed

STAYING CONNECTED

- Check in with a sponsor / support person
- Attend sober or alumni events
- Reach out before stress escalates

MANAGING HOLIDAY STRESS

- Use breathing or grounding techniques
- Take walks or quiet moments
- Journal thoughts and feelings

HEALTHY ROUTINES

- Maintain sleep and meal schedules
- Keep recovery meetings consistent
- Protect daily structure

PERMISSION TO LEAVE

- Allow personal space
- Reflect on experiences
- Build emotional resilience

HEALTHY BOUNDARIES

- Stay grounded mentally
- Focus on self-care
- Maintain emotional health

WARNING SIGNS TO WATCH FOR

- Increased cravings
 - Emotional withdrawal
 - Romanticizing past substance use
- If you notice these signs, reach out for support.*

NEW TRADITIONS

- Create sober holiday rituals
- Schedule quiet or reflection time
- Focus on meaningful connections