

# WE ASKED PEOPLE IN RECOVERY

their advice for navigating the  
holidays.

The holidays can be a challenging time for those in recovery. This time may bring up painful memories or trigger feelings of loneliness, financial worries, or social pressures.

**But it can also be a time to celebrate recovery and promote strategies for healing.**

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*To parents with children in recovery: Include the person struggling. Give them a day without lecturing them. Holidays are not easy for people in recovery or who are actively using as it is. Enjoy each day as you can because tomorrow is never promised.*

*Let them know they are loved no matter what.*

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*I am most grateful to be alive. I remember many holidays, birthdays and special occasions being alone and thinking I was better off dead.*

*I am grateful for family, friends, a support network, my sponsor, my children, 12 step meetings, and my ability to be present today.*

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*The journey isn't easy, but it's worth it.*

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*When I was active in my addiction, I coped by using. Today I cope by having a support team either with me or one phone call away. I plan ahead with my sponsor/network on family gatherings while always having the means to leave if I need to.*

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## Are you struggling? You are not alone.

CT Department of Mental Health  
and Addiction Services

CT Community for  
Addiction Recovery

Women's REACH Program

DMHAS Addiction Services  
Bed Availability

CT 24/7 Treatment Access Line:  
1-800-563-4086

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