

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

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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 most important suggestion would be for individuals to not be alone. I would make sure an individual has someone to talk to, a safe place to go and harm reduction measures on hand around these times. Many 12 step meetings will run 24/7 during holidays so an individual is not alone.*

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*Advice for parents: don't stress over not being able to afford presents. Kids just want your time and there are programs that can help you get presents. If you don't have your kids, write them a letter if you can. Stay focused on your recovery and share when you're struggling at a meeting or with someone you feel comfortable with.*

**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

211 CT