



HOLIDAYS AND RECOVERY

The time of year for holidays and celebration is upon us! It's important to understand and approach this time of year in the context of recovery to have a safe, sober, and fulfilling holiday season. Celebrations and holidays are a wonderful time to bring family and friends together; but they can also lead to stress, unhealthy eating, or negative environments where substances are present.

Holidays can be a stressful but rewarding time for us all, as long as we plan to keep ourselves healthy, happy, and safe. There are many things you can do to build and create new sober celebrations and traditions:

- Shop for or create gifts
- Stay home or in a safe environment
- Communicate with support/loved ones
- Self-care
- Time outdoors

Spending time creating and making gifts such as food or crafts can be spent with other loved ones and friends, and reduce unstructured time by enjoying a hobby you already have or trying something new. It is important to be aware of the environment you are in to reduce or eliminate the presence of substances; this can be done by having others to your own home to have more control over the presence of any alcohol or other drugs. Other options are going to a trusted friend or family's home, or if you are aware alcohol will be around to take a support person with you.

Self-care can be managed by maintaining a regular routine such as work schedules, sleep schedules, etc.. in addition to any other form of self-care such as meditation, yoga, or any time set aside for yourself. This time to take care of yourself is important, but it is also important to communicate with others about your thoughts and feelings and ensure you are not isolated from support people.

This holiday season is a time to make memories and spend time with those you cherish; keep an open mind to the experience of new traditions or carry on with safe and healthy traditions!



WHAT DO YOU FIND MOST
HELPFUL IN COMING TO
FAMILY MATTERS?

"My family member can understand."

*"Being able to talk, open and honest,
without judgement."*



"WE HONOR
OURSELVES WHEN
WE SPEAK OUT FOR
RECOVERY. WE SHOW
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RECOVERY MATTERS
BECAUSE IT BRINGS
HOPE AND PEACE
INTO THE LIVES OF
INDIVIDUALS AND
THEIR LOVED ONES."
BETH WILSON

THE IMPORTANCE OF FAMILY/SUPPORT ROLES IN RECOVERY

by Kjirsten Corson, Clinical Coordinator

Addiction and recovery impact family and support systems in many ways, and it is beneficial to understand the importance of acknowledging and addressing the roles of family and support in the recovery process. There are many factors to be aware of including:

Treatment isn't a "fix all"

After beginning the recovery process and engaging in treatment, individuals in recovery and their family/support can experience continuing difficulties such as financial stress, new or ongoing health concerns, and rebuilding trust and relationships. It can be helpful to understand the process will take some time, but commitment to lifestyle changes and maintaining positive changes are possible with consistent communication and problem solving.

Showing support while maintaining boundaries; finding support

There are significant benefits to showing your loved one in recovery support and understanding in their recovery process, however it is important to recognize personal boundaries and expectations to create a healthy foundation for support. Programs like Family Matters are geared towards providing education and a supportive environment to discover and implement these boundaries.

Understand/reduce stress

You are not alone! There are many stressors that can occur in the recovery process, and utilizing resources available such as Family Matters can assist in increasing knowledge and understanding of addiction as well as learning strategies to manage day-to-day situations.



WHAT IS ADDICTION?

According to the National Council on Alcoholism and Drug Dependence (NCADD) – "Addiction is a family disease that stresses the family to the breaking point, impacts the stability of the home, the family's unity, mental health, physical health, finances and overall family dynamics." Treatment is available and recovery is possible, there is a healing process.

VIEW OUR NEWSLETTER ELECTRONICALLY

Give us your e-mail and we will give you a link! Your e-mail will remain confidential and we will send you information regarding Rigel Recovery Services and Family Matters. The links to the newsletter and calendar can go directly to your in-box where you can read them anytime, and you will never miss an issue. Simply send us an e-mail at pi@orianahouse.org and request to be added to our newsletter list.

"There is no shame in beginning again, for you get a chance to build bigger and better than before."

