

***5 Ways to Help You
Deal with Alcoholism
During the Holidays***



enterhealth

A BETTER WAY
to recover.

- It's that time of the year again when everyone is supposed to "drink and be merry."
- For some, a couple of drinks are fine, but for others dealing with alcoholism, it can be a burden and an agonizing temptation. It all comes back to the famous phrase: Old habits die hard.
- Don't let the holidays heighten your chemical dependency for alcohol!
- Here are *five ways* you can *stay sober* that will help you on your path of recovery from alcoholism addiction during this holiday season.

- Alcohol recovery can be tough, especially during the holidays.
- It's important to be around positive and sober people for support.
- Observing them will motivate you to emulate their behavior of not drinking.



- You can have a drink this season – a nice cold soda or some other non-alcoholic beverage.
- While it’s hard to avoid alcohol when you’re at a holiday party, you can combat it with substituting another beverage in its place.



- Stress is one of the various factors that can increase your need to reach out for a bottle of alcohol in order to cope.
- Remember, you can help manage your drinking problem by managing your stress.
- Find other ways to deal with stress such as talking with a friend or family member, exercise, or have a set time in the day where all you do is relax!

- It's hard for many to stop drinking, especially during the holiday season.
- You can benefit from not yielding to the temptation of drinking by rewarding yourself for every time that you don't drink.
- Indulge yourself with a small gift, candy bar or anything else that brings you happiness.



- When battling an addiction, it's important to have a plan just in case you find yourself in an environment where there is alcohol present and you cannot handle the temptation.
- Having a plan and knowing how you're going to handle the situation will help you significantly.
- Tell a family member and/or close friend about your problem, and call them in case of an emergency to help you in those situations.



- Sometimes it takes more than helpful tips and family support to remain sober during the holidays. Enterhealth, a Texas alcohol and drug addiction recovery center, offers a customized disease model of addiction that reverses the effects of substance abuse on the brain.
- Headquartered in Dallas, Texas, Enterhealth, was founded by a team of distinguished addiction-recovery experts and professionals who hold a vision to provide world-class, affordable and accessible addiction treatment resources and educational tools for persons with alcohol and drug addictions.
- To learn more about Enterhealth, how we treat addiction, and how we integrate the recovery process into each client's life, please visit <http://www.enterhealth.com/> or call 1-800-388-4601.