

Fun Sober Holiday Activities

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If you want to replace some of your usual holiday events with alternatives that are more conducive to staying sober throughout the season, below are some options for you. Removing some of your old Christmas, New Year, and other year-end holiday activities from your plans can be your simplest and best strategy. It can free you to adopt some new holiday traditions of your own — new satisfying activities that can make it easier to keep your direction in recovery and stay clean and sober.

How to Stay Sober this Holiday Season

Pick sober holiday events and activities. Some or most of your old holiday traditions with family and friends may be precious and important to preserve. But maybe a few others can be replaced with some that are more conducive to your goal of staying sober through the holidays. Here are some ideas for fun holiday activities that don't have to involve drinking alcohol.

Enjoy Holiday Socializing in Different Ways

Spend quality time with loved ones doing activities that don't feature drugs or alcohol. Invite friends or family members to enjoy some alcohol- and drug-free social activities with you during the holiday season.

- Choose a local holiday event to attend and invite friends to come with you.
- Meet a friend for lunch at home, at a cafe, or online.
- Have a movie night. Pop some popcorn and watch with friends at home or online.
- Host a card game or chess tournament with sober friends, either in-person or online.

Just Enjoy Some Precious Downtime

Plan some ways to enjoy some quality alone time. Here are some great ways to enjoy some time during the holiday season on your own:

- Take pictures of inspiring things around you.
- Write a story, or a song, or a poem.
- Make some Christmas ornaments or other crafts.
- Spend some time writing in your gratitude journal.
- Go for a drive to enjoy the winter scenery and decorations.
- Make a favorite holiday dish or cookies for the family celebration.

Take Holiday Opportunities to Give Back

One of the steps in alcohol and drug addiction recovery is finding ways to give back. The holiday season is an ideal time of year to spend some time volunteering:

- Collect for your town's holiday food drive.
- Volunteer to help serve food or work in the kitchen at your local mission.
- Visit nursing home residents who are likely to be very lonely during the holidays.
- Take lightly used coats, gloves, hats, scarves, socks, and blankets to a homeless shelter.

Have a Destination Holiday

Get away alone or with a friend or a whole group for a holiday trip to a near or far destination for a stress-free sober vacation that supports your sober lifestyle:

- Head to the city for a live concert or live theater performance.
- Travel for a therapeutic spa vacation for holiday R&R.
- Take a road trip to enjoy the countryside for a day, a few days, or a whole week.

Happy Holidays from Renaissance – We're Here for You.

However you decide to spend your holidays, you can minimize the risk of relapse. Make a plan for each day of the holiday period that occupies your time with activities or downtime that do not involve risky situations. Choose options that don't present significant temptation or triggers that may make it difficult for you to stay on track with your commitment to your sobriety this holiday season.

For help planning your sober holiday itinerary, call Renaissance Ranch Ogden at (385) 222-3737 or reach us here online for help creating a fun and supportive seasonal plan.
