

5 Ways to Help You Deal with Alcoholism during the Holidays



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.

According to the [Center for Disease Control and Prevention](#), alcoholism or alcohol dependence is a diagnosable disease characterized by several factors, including a strong craving for alcohol, continued use despite harm or personal injury, the inability to limit drinking, physical illness when drinking stops, and the need to increase the amount drunk to feel the [effects of alcohol](#).

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.

Tip #1 - Spend Time with Sober People

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.

Tip #2 - The "I'll take a soda" Approach

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.

Tip #3 - Manage Your Stress

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!

Tip #4 - Indulge Yourself

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.

Tip #5 - Have a "Plan B"

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 affects of substance abuse on the brain.

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.



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About Enterhealth

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.