

A better way to recover your life.



5 Ways to Help You Deal with Alcoholism During the Holidays



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.
- ✍ 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.



About Enterhealth

- ✍ 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.
- ✍ 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.