

Coping with the Holidays in Recovery

O B S G W D G D K N M H R I R X S W O Y V C D D
P J A O V T Z B Z U E V E E I K R U I I U X C C
A H B T W M D T O R D K F Q R X E V S O V M S C
N E Z O E C Q V D Z I F L Q E R T Q R B X A E E
A X X R T H E K Y K T M E R C S T Q E P A H T L
G E Z E E M B X Z M A W C W O I E G E T K W A E
N R M C I A S B W X T H T Y V L L I P A R W C B
I C G O U W D Q P B E H I K E T G R O K X J H R
K I U V N T A A P O E T O N R R N E T E W R I A
A S S E N R U Z B E C W N O Y K I L K M G W E T
T E K R O O A J E O H R S I R F T A L E O H V E
P N K Y I P F R B B O N W T D H I X A D F P A R
U E X M T P D J E W S K I A J D R A T I O A B E
B M K E A U Q O R U H Z Q C E M W T U C R T L C
A Z A E V S M O K O T Y I U Z C M I Q A A I E O
V Z P T I M Y R P T A R U D C A J O T T W T G V
B E J I T U F E I W J T Z E K I H N R I A O O E
X L Z N O D J O U R N A L E N Y B G B O L N A R
J K Q G M H X T L F V N A N F J K U T N K J L Y
P E R S O N A L R E S P O N S I B I L I T Y S X
H K H S G G T P F C L F Y C A C O V D A F L E S
J Y W U Z Q T M R A E L O X N R D P I C H O M N
U U S W L D E I N L I S T E N T O M U S I C Z Y
R G E T M O R E S L E E P E D A N N C Q D Z I H

Personal Responsibility
Celebrate Recovery
Take Medication
Go for a walk
Make a plan
Reflection
Meditate
Journal
WRAP

Go to Recovery Meetings
Writing letters
Get more sleep
Talk to Peers
Read a book
Relaxation
Exercise
Support
Hope

Set achievable goals
Listen to music
Self Advocacy
Taking a nap
Motivation
Education
Recovery
WHAM