

For Immediate Release
Lakes Region Substance Awareness Coalition
Media Contact: Cathy Finck
c_finck@icloud.com
(770) 356-4348

Holiday Celebrations, Recovery and LRSAC Annual Meeting

The Lakes Region Substance Awareness Coalition recognizes that holidays and holiday parties can be challenging for those celebrating recovery from substance use and/or mental health disorders. We'd like to encourage everyone to consider celebrating recovery by developing a simple plan so that all can enjoy the holidays safely. Whether you're in recovery or not, developing a plan to help ensure a happy holiday experience is a good idea. Your plan should include improved self-care, enhanced support from others, and healthy ways to celebrate.

Here are five ideas to consider as you plan for a happy holiday season while celebrating recovery for yourself and or others:

1. **Self-care is vital.** Remember to slow down. Take some quiet time each day and work on an attitude of gratitude. Plan relaxation and meditation into your day, even for a few minutes, no matter how busy you are. Relax your standards and reduce overwhelming demands and responsibilities.
2. **Don't overindulge.** Go easy on the holiday sweets. Limit your intake of alcohol, caffeine, nicotine and sugar. Exercise regularly to help maintain your energy level amid a busier schedule. Don't try to do too much. Get plenty of sleep. Maintain some kind of schedule and plan ahead; don't wait until the last minute to purchase gifts or prepare to entertain. And for those hosting parties - be mindful of those who find alcohol toxic and make sure to offer non-alcoholic beverages and healthy food options to appeal to all your guests.
3. **Enhance your support system.** Holidays are a good time to reach out more frequently to your support group. If you're in recovery, spend time with fellow recovering people - visit the Lakes Region Recovery Center, 25 Hospital Drive, Bridgton and check out the fun planned for December at <https://www.lrrrebridgton.org>. Let others help you realize your personal limits. Learn to say "no" in a way that is comfortable for you.

4. **Find new ways to celebrate.** Create some new rituals that will help redefine a joyful holiday season. Avoid isolation and spend time with people you like who choose to abstain from use of intoxicating substances. If there are people who have a negative influence on you, avoid them. Holidays may also be a time to evaluate your spirituality and find a personal way to draw support from the spirit of the season. Return the holidays to a spiritual base, and stress the power of unselfish giving.
5. **Release your resentments.** Resentment has been described as allowing a person you dislike to live in your head, rent-free. Resentments that gain steam during the holidays can be disastrous for anyone, especially people in recovery. Recovery is serious work, but it is also important to have fun. Laugh a little and a little more. Start seeing the humor in those things that annoy you. Take from the holiday season what is important for you and leave the rest.

The Lakes Region Substance Awareness Coalition wishes everyone Happy Holidays and invites those who have helped make *Celebrating Recovery 2018* a reality to our annual meeting, December 6th from 4:30 - 6:00 p.m. at the Bridgton Municipal Complex, downstairs meeting room. We'll be celebrating LRSAC individual and collective accomplishments in 2018 and kicking off LRSAC plans for 2019. Celebration and recognition will be the focus of this important meeting, and there will be food and fun. If you've ever attended an LRSAC meeting or event, or if you've not yet attended, all are welcomed. Please come and help us celebrate our awesome LRSAC volunteers, members, partners and supporters!

LRSAC works to facilitate community action, create meaningful strategic partnerships, and recognize progress toward achieving community-wide prevention, treatment, policy and enforcement goals to help stem the tide of opioid tragedies. YOU can help! We want to hear from you if you have an idea or a success story to share! Follow us on Facebook at LRSACMaine, send us an email lrsacoalition@gmail.com, call us at 207-803-9987 or join us at one of our regularly scheduled monthly meetings, held the 2nd Thursday of each month from 4:30-6:00 p.m. at Bridgton Municipal Complex, downstairs. (*Note: The December Annual Meeting has been moved to December 6th, same time, at Bridgton Municipal Complex, downstairs.*)

#####



HOPE, RESILIENCE, AND RECOVERY
