



ON BULLETIN
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SPECIAL AGENT
UNIT 128

10 TIPS FOR STAYING SOBER DURING THE HOLIDAYS

Staying sober during the holidays can be a challenge. It can be a stressful, pressure-filled and lonely time for some. Holidays may bring up difficult emotions & past memories of substance use. Follow these 10 tips below to stay sober this holiday season.

Make sure your basic needs are met by remembering to H.A.L.T.



Attend No Cop Out AA Meetings



YOU MAY CONSIDER TO VOLUNTEER AND/OR PARTICIPATE IN SERVICE WORK IN THE CHURCH OR IN THE COMMUNITY. THIS CAN HELP AN INDIVIDUAL GET OUT OF THEIR HEAD, IMPROVE THEIR SENSE OF PURPOSE AND ENHANCE WELLBEING & SELF-ESTEEM.



MAKE SOBRIETY YOUR PRIORITY



LIST 3 THINGS YOU ARE GRATEFUL FOR: SOBRIETY, HEALTH, ETC...

HAVE AN ATTITUDE OF GRATITUDE TO PREVENT A RELAPSE



HUNGRY- Make it a point to eat regularly. Skipping meals can affect blood sugar, which in turn, can affect mood.



ANGRY, IRRITABLE, RESTLESS - Don't forget to meditate, exercise & get outside this holiday. It reduces stress, decreases rumination (running thoughts) & increases endorphins.



LONELY - Write a list of people who love & support you, who you can talk to during the holiday when you are feeling down. Call E.A.P. to schedule an appointment with one of our A & D counselors and/or mental health clinicians.



TIRED/TENSE- The holiday season can often include a number of late nights with work, OT, etc. Ensure that you get a decent night sleep so you are well rested and ready to go.

MAKE A BACKUP PLAN

If you find yourself in a situation where you feel a strong urge to drink, please call your sponsor, an Alcoholics Anonymous member or the Professional Counseling Division.

SOUTHSIDE LOCATION
11540 S. WESTERN
(312) 742-0222

CENTRAL LOCATION
1759 W. ADAMS
(312) 743-0378

NORTHSIDE LOCATION
5440 N. CUMBERLAND
(312) 742-0226



Seek out support for you and your family members. Download the new Cordico Wellness app for support.



CHICAGO POLICE DEPARTMENT
PROFESSIONAL COUNSELING DIVISION/E.A.P./UNIT 128