

TRIBAL PROGRAM NEWS

A&D Program Offers Holiday Advice

by Annee McLennan, CSAC 11

I'm available: Mondays in Eugene, 541-484-4234; Tuesday through Friday in Salem, 503-390-9494; the first Tuesday of the month in Siletz, 1-800-600-5599 or 541-444-8286

Holidays and Recovery/Relapse Prevention

The holiday season is often a hard time for people in recovery. Many things can happen to increase the risk of relapse. Review the list below and check the items that might cause problems for you and your recovery program during the holidays.

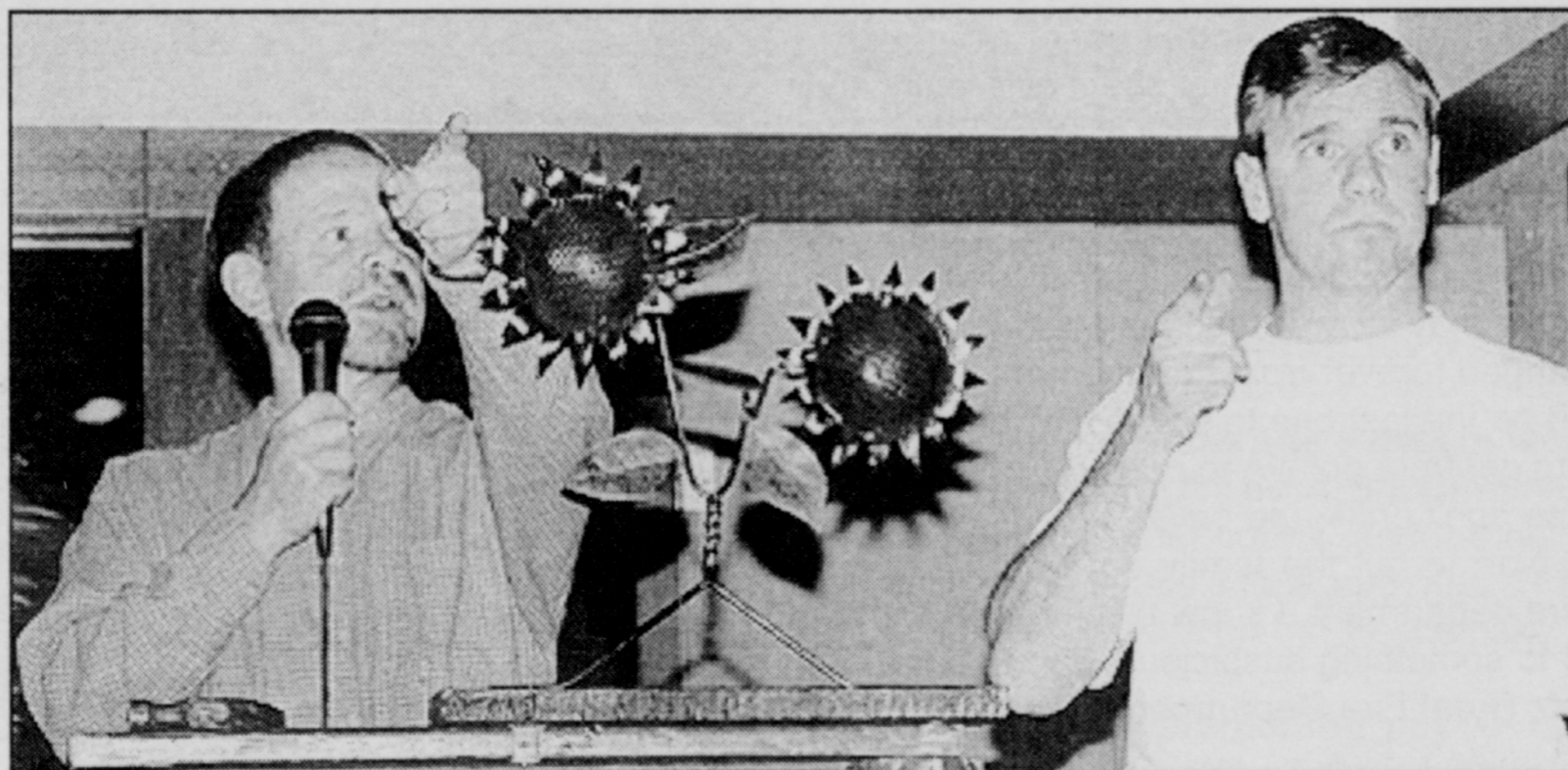
- More alcohol and drugs at parties
- Money stress due to gift buying
- More stress due to lots of traffic
- Increased stress due to crowded shopping areas
- Normal routine of life interrupted
- Stopping exercise
- Not going to AA meetings
- Not going to see counselor regularly
- Party atmosphere
- More contact with family
- Increased emotions from holiday memories
- Increased anxiety regarding triggers and cravings
- Stress from not having time to meet responsibilities
- Dealing with "New Year's Eve"-type occasions
- Extra free time without structure

If you checked 1-3 items, you are lucky. The holidays produce only a slightly increased risk of relapse. **Mild**

If you checked 4-6 items, the holidays add lots of stress to your life. Relapse risk is related to how well you cope with increased stress. Your score indicates that you need to plan carefully for your recovery during the holidays. **Moderate**

If you checked 7 or more items, this indicates that the holidays add a major amount of stress to your life. Relapse prevention means learning to recognize added stress and taking extra care during dangerous periods. Your score indicates the holidays are one of these periods for you.

No one has to relapse. No one benefits from a relapse. Think about your recovery plan. Schedule your time. See your counselor. Use the tools that have helped you in recovery to stay drug/alcohol free through this stressful time.



Clockwise from top: A Head Start student herself bids on an item; Robert Kentta tries to claim another item; Tim Limbert (l) and Jim Crawford keep track of the bids; and Nancy Simmons signals her bid. Opposite page: Vela Sorensen shows the next item to the audience.

