

Recovery & The Holidays

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

Evaluate Situations
Stress Management
Gratitude List
Thanksgiving
Avoid HALT
Rehearse
Support

Learn From Setbacks
Recovery Meetings
New Traditions
Distractions
Boundaries
Exercise
Family

Know Your Triggers
Volunteer Work
Self Awareness
Redefine Fun
Christmas
Planning