



Next Step Recovery: A Recipe For Holiday Success For Those In Recovery

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Next Step Recovery, based in Asheville, North Carolina, recently published an article that they hope will help make the season a little easier for those who are recovering from addiction. They understand that the holidays can be a stressful time for those in this position and have taken the initiative to publish, "A Recipe for Holiday Success," aiming to offer advice that is in keeping with the expectations of the season. Learn more here: <https://www.nextsteprecovery.com/>.

The article begins by acknowledging that, should there be those who are wondering how to navigate the holidays safely this year, they are not alone. The article goes on to state that, "Even in the best of times, holidays can be daunting with the logistical challenges of getting everyone around the table, avoiding the topics that can ruin a meal, and the pressure of living up to often unreasonable expectations. Add in a global pandemic, a hotly contested election, and a family member or friend in early recovery? You've got all the makings for one big hot mess. Luckily, it's a mess that can be avoided with some thought and careful planning." The article discusses all factors from the pandemic, election, and one's own struggles (or a loved one's struggles) with recovery; however, it also goes on to add that the holiday season does not have to represent such a daunting challenge. Learn more here:

<https://www.nextsteprecovery.com/intensive-outpatient-program/>.

Next Step Recovery has put together a,? recipe,? to help a person navigate the holidays safely this year. The team encourages the community to use this recipe as a starting point for creating some new favorite holiday traditions, ones that would also be recovery-friendly. The first ingredient is, ?An Ounce of Prevention.? The article emphasizes that this is particularly important given that there is no cure for COVID-19, at least not one that will arrive before the end of the season. The article gives suggestions such as, ?celebrating the holidays virtually. If you are planning to gather with people outside your household, consider these CDC holiday recommendations to reduce your risk for spreading or contracting COVID-19.? The important aspect is to help avoid potential relapse triggers and the best way to do this is by identifying them ahead of time. A family may choose to forego a traditional holiday toast or even host a holiday party earlier in the day.

The second ingredient is,? A Dash of Common Sense.? The article advises that, if one is going to the holidays with someone in recovery, they should consider removing substances from the menu. If alcohol is going to be present, for instance, attendees should avoid making it the focal point and/or try including festive non-alcoholic options. Another tip is to not have unreasonable expectations and to have compassion towards those in recovery. Learn more here: <https://www.nextsteprecovery.com/a-recipe-for-holiday-success-2020/>

?A Pinch of Planning and a Cup of Self Care,? are two more ingredients to consider during the holiday season. The article explains that ?One of the first things we do at Next Step Recovery is to help participants develop a relapse prevention plan. This is critical for maintaining sobriety after leaving the safety of a controlled treatment setting. Life can be challenging, but meeting these challenges is easier when we've considered potential pitfalls, planned alternate routes, and established lifelines we can reach out to for support.? It also highlights the importance of focusing on the present and being hopeful for the future. People in recovery are also advised to be open to changing the subject, going for a walk, or talking to a friend or sponsor if needed. One can encourage a friend or family member to do the same.

Self-care is one of the most important ingredients for a successful holiday season. The article is quick to point out that, ?Unfortunately, it is also the first thing that gets overlooked in the rush. Extra social obligations, shopping, and over-the-top expectations can leave us exhausted by the time the actual holiday comes around.? The importance of enough sleep, healthy eating habits, exercise, and finding times to do activities that relax one?s mind is reiterated here, as these are key elements of the recovery process as well. The article also highlights the importance of gratitude, particularly in the holiday season.

Next Step Recovery aims to provide the highest quality of Intensive Outpatient Programs, specifically designed for men ages 18-40 in early recovery from substance use and co-occurring disorders for The

Greater Asheville Community. The team helps recovering individuals successfully transition back into a productive life in their communities.

To learn more about Next Step Recovery, one may visit the official website. They can also be contacted via phone and email. The team encourages all interested parties to get in touch if they would like to explore any more options for dealing with the pressures of the season in a healthy manner.

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For more information about Next Step Recovery, contact the company here: Next Step Recovery (828) 350-9960
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Next Step Recovery

Next Step Recovery: Recovery is the Real Adventure ??? Transitional Sober Living & Intensive Outpatient Program for Men in Beautiful Asheville, North Carolina

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