

Healthy Over the Holidays



Prepare your own non-alcoholic drink for celebrations



Lean on family or friends who will support you



Be prepared to answer questions about why you are not drinking alcohol



Throw your own alcohol-free holiday party



Schedule festive activities that do not involve alcohol



Use healthy ways to manage your stress like sleep, exercise, and mindfulness

The Holidays can be a time of celebration and fun! They can also be a time when stress and exposure to alcohol can lead to overindulgence. For those in recovery from alcohol use disorders, Holiday parties and events can be especially challenging.

This card offers some ways to stay healthy over the Holidays, including limiting alcohol or not drinking at all if you are pregnant or may be pregnant.

For More Information

 fasdmap.org

 @MAPFASD

 @medicalassistantpartnership

