

AREA 48 AL-A-GRAM

Holiday 2016 Edition

Lois's Tips for Surviving the Holidays

Ah, the holidays! Tables full of food, houses full of family, and minds full of stress. Here are some strategies for keeping your serenity intact.

- Make a phone call to a friend in the program.
 - Do something nice for yourself, like a massage, afternoon tea with Al-Anon friends, or something else.
 - Keep your Higher Power with you at all times. Sit down, shut up, and SMILE!
 - Take time for yourself. Make some time alone... a cup of tea, a nice bath or shower. Relax for a few minutes.
 - Use the Serenity Prayer as your mantra.
 - Remember "How Important Is It?" "Let Go and Let God". Get to a meeting or a phone.
 - Start your day in prayer and remember your gratitude at the end of the day.
 - Make sure you have a phone list from one of your meetings. Sometimes a phone call may not be necessary, but you have the option to text.
 - Stop! Think! Easy Does It!
 - Cook and debone the turkey the day before.
 - Take care you YOU! HALT and First Things First!
- BREATHE!
 - Easy Does It! How Important Is It?
 - Involve everyone and let them share one or two things they are grateful for as you go around the dining room table.
 - Keep It Simple! You can reinvent your holidays! Start new traditions. It doesn't have to look like your past or anyone else's. Give yourself permission to change!
 - No expectations
 - Talk to your Higher Power. Call your sponsor or another member. Find a quiet space or go outside with your literature.
 - Call your sponsor or your go-to person every day. Say the Serenity Prayer.
 - First Things First and then Let Go.
 - Go late. Leave early. Limit interaction. Behave yourself. It doesn't matter how anyone else acts.
 - Meetings, Meetings, Meetings.

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- Have a friend ready who can meet you or be willing to invite you over if you need a break from family.
- First Things First. Take care of yourself.
- Prayer and Meditation. Focus on the fact that the alcoholics are God's children, too.
- Go to more meetings, especially phone meetings, and listen to speaker tapes.
- When my spouse starts drinking at the relatives' home, I remember the Serenity Prayer and that his Higher Power is not me.
- Serenity Prayer
- Pause, get quiet, and observe the chaos around you. Be grateful for your growth and the recovery you've gained through working the Al-Anon principles.
- Serenity Prayer, meetings, slogans!
- Easy Does It. Do I want to be right or have my serenity? Breathe and take walks. "I'm so full!"
- Just have fun and enjoy the moment.
- Play with the kiddos.
- Write a gratitude list for each day between Christmas and New Year's Day. Write a gratitude for every letter in the word "holiday".
- Find a meeting. Call your sponsor. Take a 5-10 minute walk and breathe deeply.
- Detach with love. It is OK to walk away, take a walk, sit quietly in another room, meditate, pray. My serenity is the key.
- God, one hand on my shoulder, and one hand over my mouth.
- Drive separately. Leave when you need to leave.
- Be grateful for the process.

Thank you to Judi N. of District 25 and Linda L. of District 13 for gathering these, and thank you to all of the DRs, officers, and coordinators who shared their experience, strength, and hope at the November AWSC meeting!

HOW TO LOCATE A MEETING

Face-to-face meetings: Visit the PA website at pa-al-anon.org or al-anon.org. You might also try the AA hotline in your area; they may have an Al-Anon phone list available.

Telephone meetings: Visit <http://www.phonemeetings.org/> for a schedule and dialing instructions.

Electronic meetings: Visit <http://www.al-anon.alateen.org/electronic-meetings> to see a list of all electronic meetings.