

STAY SAFE, STAY CONNECTED, STAY IN RECOVERY

A Summer recovery tip sheet for planning ahead, protecting your wellness, and staying connected to support.

1. Plan Ahead for High-Risk Situations

Before attending events, make a simple safety plan:

- ✓ **Identify Support**
Know who you can call or text if you feel triggered, uncomfortable, or overwhelmed.
- ✓ **Bring Your Own Options**
Pack non-alcoholic beverages so you have something in hand.
- ✓ **Plan Transportation**
Arrange a way to leave when you need to, without depending on others.
- ✓ **Practice Your Response**
Prepare a brief, confident answer if someone offers alcohol/drugs.
- ✓ **Give Yourself Permission to Leave**
Your recovery and safety come first.

2. Check In With Your Recovery

Summer routines can shift quickly. Regular check-ins can help you notice stress, cravings, or changes before they become setbacks.

Ask Yourself:

- ➔ Am I staying connected with healthy supports? ➔ Am I getting enough sleep?
- ➔ Am I attending support meetings or recovery activities?
- ➔ Have I noticed any cravings, triggers, or warning signs?



**Recovery
Reminder**

Early awareness helps you respond sooner,
ask for support, and protect your progress.

3.

Holiday and Party Survival Tips

Many summer celebrations involve alcohol or other substances. A few intentional choices can help you stay grounded.

Before the Event:

- Set 1–2 recovery goals for the event.
- Bring a supportive friend or family member when possible.
- Plan an exit strategy before you arrive.

During the Event:

- Stay near the people who support your recovery.
- Focus on activities, food, music, or conversation.
- Step away from people or situations that pressure you to use substances.

After the Event:

- Check in with a sponsor, peer, recovery coach, or trusted support person.
- Notice what worked well and what you may want to adjust next time.
- Celebrate each choice that supported your recovery.

4.

Keep Important Contacts Accessible

Support Contact	Name / Phone Number
Sponsor or Recovery Coach	
Peer Support	
Treatment Provider	
Crisis Line	
Trusted Friend or Family Member	