

Holidays such as Thanksgiving, Christmas, and Hanukah pose unique challenges for people:

- **Alcohol or Drug addiction**, actively using or new to sobriety, (within the first year). The triggers, people, and places can be overwhelming. Your sober friends cannot be guaranteed to be there, when you need them.
- **Sober Living, or Rehab** none of the problems went away just because you went to rehab (save one). It is a surprise to get back to the real world and find everything exactly the way it was. Add on the stress of the holidays, and the fact that all your sober friends are now gone, you are frighteningly ALONE. Statistically, few people that went to rehab together ever call one another after they have left.
- **Families of Addicts and Alcoholics** who have far too much history of ruined holidays and have for years plan on "this holiday" will be perfect, especially if their loved one is coming home from Rehab. You both need time to adjust to one another. This is new ground, and new behaviors will quickly disappear.
- **Eating Disorders.** Worries about holiday eating tend to fall into two major categories: (1) fears of familiar holiday meals and (2) fears of new and unknown meal settings and situations. A calm voice can often times help you with your plan of success.
- **Stress and Depression** There are 3 main triggers to stress and depression. The Physical demands, The Money, Relationships. Tensions are often heightened during the holidays. Family misunderstandings and conflicts can intensify — especially if you're all thrust together for several days. A Coach is a source for a moments reprieve.