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The Open Door

Wellness and Recovery Center
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Holiday Celebrations and Stress

We must again give thanks to St. Mark Lutheran Church for making the Thanksgiving meal at the Open Door such a wonderful success. The food was delicious and the fellowship was wonderful. Thank you, St. Mark Lutheran Church!!



No matter how you celebrate the upcoming holidays, most people find this one of the most stressful times of the year. Christians prepare to celebrate **Christmas** to

recognize the birth of Christ; a joyous gift from God to save them from sin. People of Jewish faith recognize and celebrate **Hanukkah**, a holiday that

celebrates the victory of the Maccabees over the larger Syrian army. It also celebrates a miracle that happened during this time, where just a day's supply of oil allowed the menorah in the rededicated Temple in Jerusalem to remain lit for eight days. Many African Americans celebrate **Kwanzaa**,



the celebration of family, community and culture. This is done by honoring seven principles; Unity, Self-Determination, Collective Work and

Responsibility, Cooperative Economics, Purpose, Creativity and Faith. And, of course there is the commercial side of the holidays that prompt gift exchanges, family gatherings, financial pressures and perhaps finding ourselves in situations where alcohol and/or drug use are prevalent. For those in recovery, this



can be an especially stressful time and it is so important that we take steps to protect our progress. See page two of this newsletter for some helpful tips to reduce holiday stress and maintain your recovery.

Special Holiday Events at Open Door

Holiday Open House December 23, 2019



1:00 p.m. – 4:00 p.m.

New Year's Eve Party December 31, 2019

6:00 p.m. – 10:00 p.m.



The Open Door Wellness & Recovery Center will be closed the following dates during the holidays

Closed Christmas Eve – December 24, 2019

Closed Christmas Day – December 25, 2019

Closed New Year's Eve Day – December 31, 2019

**Open for New Year's Eve Party
December 31, 2019 6:00 pm – 10:00 pm**

New Year's Day – January 1, 2020 Open Door will be open 10:00 a.m. – 2:00 p.m.



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TIPS TO HELP REDUCE HOLIDAY STRESS

Have Sober Strategies in Place

Develop a plan to protect your sobriety ahead of any holiday event. Go to a meeting right before or after the event. Let your family or friends know that you may need to make a quick exit if things get too uncomfortable for you. Call a sponsor or bring your own non-alcoholic beverage or a sober friend with you.

Be of Service

The holidays can be a wonderful time for spiritual growth by sharing your gratitude and joy with others. Remember that friends and family may also be feeling the stress of the holiday. Help others when you can, express your gratitude for what you do have or give back by paying good will forward.

***Recovery is a one-day-at-a-time endeavor,
no matter the season***

Avoid known risks and toxic people

If you know there will be pressure to drink or use at an event, make a brief appearance then politely excuse yourself or don't go at all. There is no reason for you to have to "power through" an obstacle course of relapse triggers.

Practice Self-Care

Celebrate your recovery and progress by taking good care of yourself. Good nutrition and sleep are very important to maintain your health. With all the tasty treats of the season, be sure to get some exercise and balance with healthier options. Nourish your spirit by finding time to meditate or reflect on the positive changes recovery has brought.

Keep it affordable

You may not have the money to buy gifts for everyone so don't overextend yourself financially. Homemade gifts, baked goods and cards are wonderful to let your family and friends know that you are thinking of them.

Be Grateful for the People Around You.

Share the joy of the season with those who love and support you!

Tasty Non-alcoholic Drinks for the Holiday

Sparkling Berry Apple Mocktail

½ oz mixed berry syrup
(12 oz frozen mixed berries and ¾ cup sugar)
3 oz apple cider
3 oz sparkling water

Instructions – add berry syrup & apple cider in a serving glass. Add ice and top With sparkling water. Stir.

Mixed Berry Syrup:

In a heavy bottomed sauce pot, combine frozen berries and sugar. Set over medium heat and bring a boil. Reduce to a simmer and cook until berries have softened and mixture is thick.

Strain mixture. Cool to room temperature. Transfer to an airtight container and keep stored in the fridge for up to two weeks.



White Chocolate Peppermint Mocktini

3 oz white hot chocolate

2 oz peppermint mocha coffee creamer

White chocolate syrup

Crushed peppermints for garnish

Dip edge of a chilled glass in white syrup then dip in crushed peppermint. Add

white hot chocolate and coffee cream to a cocktail shaker and fill with ice. Shake and pour.



To find more fun recipes for hot and cold non-alcoholic holiday drinks go to

<https://www.marthastewart.com/274425/nonalcoholic-holiday-drinks>

You can find many more recipes by searching the Internet



"It's normal to get depressed around the holidays, especially when we put too much pressure on ourselves."

**From the Staff and friends of
Vista Care and the Open Door, we
wish you and your family a
blessed holiday and Happy New
Year!**

