HOLIDAYS IN RECOVERY THRIVE GUIDE

Wherever you are, you can do this.

WINTER 2021
The holidays can be a season of highs and lows for anyone, but if you're recently in recovery — or even several years into recovery — it can be an extra challenging time.

The most important thing to remember is that you are not alone. There is an entire recovery community in Maine that is rooting for you, and here for you through friendship, support groups, recovery coaching, and phone support.

The purpose of this guide is to offer resources and tips to help you continue to grow on your pathway of recovery, even as challenges arise.

PRCC is here for you and believes in you.

Happy Holidays!
You've probably heard it said, "The opposite of addiction is connection" — and it's true! Here are some resources available for you to connect with other Mainers in recovery, near and far.

**Attend support group meetings.** Recovery community centers all across Maine offer meetings and groups — both online and in-person — every day, for multiple pathways. Find a center near you at portlandrecovery.org/maine-recovery-hub and on the map at the end of this guide.

**Sign up for Telephone Recovery Services (TRS).** Recovery community centers offer TRS, a completely free, confidential service in which trained volunteers call to check in on how you're doing in recovery and offer support, compassion, and resources — as often as needed. To sign up, call a center near you.

**Find a recovery coach.** A recovery coach is a personal guide for people in recovery. Coaches are trained to help recoverees identify their own unique pathways to a joyful life, set goals, and learn about resources and supports along the way. To request a coach, call a center near you.

**Come hangout at your local recovery community center.** Whether you're going to a meeting or just want to connect with other people in recovery, RCCs offer coffee, conversation, and support to anyone who walks through the door.
PRACTICE SELF-CARE

It's so important to make sure you take good care of your body, mind, and soul every day — and especially around the holidays when routines and environments are different than usual. Here are a few practices that can help you stay healthy, happy, and resilient.

Find ways to relax. It can be hard to slow down and take a break when it seems like there is so much to do — but remember, you can't pour from an empty cup. Find ways to recharge, like through meditation, yoga, taking a bath or walking in the woods. And of course, a full night of sleep is a must!

Listen to your gut. Holidays are full of treats, which can be a joy, but can also present challenges if you're not used to so much sugar. Remember that it's okay to eat differently around the holidays, and it's also okay to say yes or no to foods depending on how you're feeling. Check in with yourself and listen to your gut (literally).

Get outside. There's nothing like a bit of cold air to help clear your head. Whether you walk, run, or simply just sit and enjoy the fresh air, spending time outside can serve as a way to reset and re-center when things get busy. Use this time however you need it — with family, friends, or solo.

Do something you love. That might mean dancing, watching a favorite TV show, baking, painting or reading. Do whatever sparks joy for you!
Nobody does the holidays perfectly, and it's important to offer yourself compassion when things don't go as you would have liked them to. Here are some avenues of self-compassion to explore if you're feeling down.

**Let go of judgment.** When you mess up, feel inadequate, or experience suffering, rather than judge yourself harshly, try being warm and gentle. Pretend that you are a friend who you love and offer yourself words you might offer your friend. Try saying something like “This is hard, and I'm doing my best.”

**Remember that nobody is perfect.** To be human is to be imperfect and vulnerable. None of us is alone in our mistakes and vulnerability – when life is less than ideal, consider how this is part of the shared human experience. Try connecting with someone about what is difficult.

**Practice pausing.** "Between stimulus and response, there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom." (Unknown Author) Pausing is always available to you as a means to check in with yourself and make choices that you feel good about.

**Offer yourself kind words**, such as: "I love myself for who I am" • "I am doing my best" • "I am enough" • "I am worthy of compassion" • "I allow myself to make mistakes and to learn from those mistakes" • "I accept myself as I am" • "I am exactly where I need to be"
Even after hours, you are not alone! Find below some statewide resources to contact as needed:

**Maine Statewide Crisis Hotline**: 1-888-568-1112 (Voice) or 711 (Maine Relay). The Maine Crisis Hotline helps to stabilize individuals and families while assisting in crisis resolution and action planning. If you are concerned about yourself or about somebody else, call the 24-hour crisis hotline and speak with a trained crisis clinician who can connect you to the closest crisis center.

**211 Maine**: When issues are hard to navigate, reach out to a trained, caring professional for a conversation via phone, email, or text. 211 Maine is a free, confidential information and referral service that connects people of all ages across Maine to local services. Search their Service Categories to find: human services, family support and mental health services, housing assistance, job help, education resources, and more.

**Maine OPTIONS**: The OPTIONS initiative helps to improve the health of Mainers using substances through harm reduction strategies, helping them on the road to recovery, and dramatically reducing the number of fatal and non-fatal drug overdoses. Visit knowyouroptions.me for educational resources and supports.

**Never Use Alone**: (800) 484-3731. If you are going to use by yourself, call Never Use Alone! You will be asked for your first name, location, and the number you are calling from. An operator will stay on the line with you while you use. If you stop responding after using, the operator will notify emergency services of an "unresponsive person" at your location.
Recovery Community Centers in Maine

1. Aroostook Recovery Center of Hope
   59 Main St, Houlton 04730
   (207) 254-2213

2. Roads to Recovery Community Center
   1 Water Street, Caribou 04736
   (207) 493-1278

3. Bath Recovery Community Center
   97 Commercial Street, Bath 04530
   (207) 389-4937

4. Harbor Peer & Wellness Center
   35 School Street, Boothbay Harbor 04538
   (207) 315-1104

5. Lakes Region Recovery Center
   25 Hospital Drive, Suite E, Bridgton 04009
   (207) 803-8707

6. DownEast Recovery Support Center
   11 Free Street, Machias 04654
   (207) 259-6238

7. DownEast Recovery Support Center
   311 Main Street, Calais 04619
   (207) 952-9279

8. Bangor Area Recovery Network
   142 Center Street, Brewer 04412
   (207) 561-9444

9. Portland Recovery Community Center
   102 Bishop Street, Portland 04103
   (207) 553-2575

10. Pir2Peer Recovery Center
    1009 Central Street, Millinocket 04462
    (207) 447-9500

11. Larry Labonte Recovery Center
    412 Waldo Street, Rumford 04276
    (207) 418-4983

12. REST Center
    205 Main Street, Lewiston 04240
    (207) 783-7378

13. Coastal Recovery Community Center
    11 White Street, Rockland 04841
    (207) 691-3697

14. Save a Life Recovery Center
    19 VFW Street, Lincoln 04457
    (207) 403-9100

15. Your Place Recovery Center
    8 Old Mill Road, Ellsworth 04605
    Facebook: @Yourplacerecovery

16. INSPIRE Recovery Center
    24 Church Street, Ellsworth 04605
    (207) 412-2288
HAPPY HOLIDAYS FROM PRCC

CONNECT WITH US

Portland Recovery Community Center
102 Bishop Street
Portland, ME 04103

207-553-2575
portlandrecovery.org

@portlandrecovery
@mainerecovery
@maine_recovery