

## **Holiday self-care writing exercise:**

In what ways do you overextend yourself at the holidays?

Name three things you do for self-care. When is the last time you did one? Do you have a plan to engage in one of those activities within the next week?

How do you work your spiritual program during the holidays?

What triggering friends or situations do you expect to be in during the next few weeks?

How do you handle your food plan when you are in unfamiliar holiday dining situations?

Are there people or situations that repeatedly challenge your serenity during the holidays? What strategies do you have for dealing with them in an emotionally sober way? If the answer is none, when will you talk with a sponsor or a fellow about their experience, strength and hope in a similar situation?

Name three ways you can celebrate your holidays that are not related to food. What is one thing you could suggest to others instead of focusing a gathering around food.

Do you continue to attend meetings during the holidays? If you are traveling, have you looked up meetings in the area to which you're traveling?

What are you most afraid about during the holidays with your food?

How will you maintain your connection to your higher power and your OA program during the holidays?