

**Dealing with Stress, Families and Friends Abstainently**  
***Together we can do what we could never do alone!!!!***

*Adapted from Unity Newsletter and OAiA (OA in Action) 2014*

**Stress**

- Start each day with prayer and meditation.
- Don't get into the frenzy. Do what you want to do and don't do things you don't want to do. Keep it simple.
- Do something nice for yourself: bubble bath, coffee with a friend, bauble gift for yourself, take a nice drive in the country, putter around your workbench or garage, read, meditate.
- Make sure you have taken care of yourself blood sugar wise by eating on your regular schedule, getting enough sleep, and working through feelings via the 12 steps. This is to make sure you are calling a HALT, not getting too hungry, angry, lonely, or tired.
- Balance — can be more challenging to achieve/maintain during holiday times: Consider the overall calendar of events, 'to do lists' emotional triggers.
- Self-care — sleep, nutrition, exercise, fresh air, tools of program, having a plan and living it one day at a time
- Don't get into the 'shoulds.' Only your HP knows what you 'should' do. Ask HP
- Avoid attending functions that are not critical AND those you don't want to attend. Less exposure to food and resentment.
- Spend more quiet time with your HP, reading, journaling to keep yourself balanced.
- Try to have clarity about finances, time management, gifts, fears, trigger people, events, and foods. When possible talk over your concerns, with your sponsor, other fellows, and your HP. Stay in the present!
- Keep your spending to a budget. Less time in stores, less opportunities to be exposed to food and the manufactured smells they spray in the malls.

**Families and Friends**

- Don't get caught up in the talk about food at work or other places.
- Surround yourself with supportive people whenever you can.
- A sense of humor can help: "Can't you have just one chip?!" Me: "Oh, thank you, but no. If I did that bag wouldn't be quite enough!"
- Concentrate on conversation and the people you are with. Holidays are

really about family and friends, don't forget that you have abnormal behaviors around food.

- Be sure to have your [Emergency Action Plan Card](#)\* with you and refer to it as needed.

\*See 'In Case of Emergency' – previous page.