

10 Ways to Celebrate your Recovery This Month!

1 Share Your Accomplishment with the People in Your Life

Whether it's your close family and friends or the fellow members of a support group, sharing your experiences and what you've accomplished can be cathartic and rewarding. Allowing yourself to be proud of what you've done is ok!

2 Celebrate Those Who Believed in You

When you're celebrating your recovery milestones, it's a great time to go ahead and express gratitude to the people in your life who made recovery possible. You'll feel great letting them know - and they'll feel great, too.

3 Keep a Recovery Journal

You can write about whatever you want in your journal - like the obstacles you've overcome or your recovery milestones. Journaling can also help you to work through any painful or hard-to-understand emotions you're going through.

4 Throw a Recovery Party

A party can be a great way to celebrate yourself and the people who've supported you in a fun environment. Make sure to invite fellow sober friends and family, as well as others who are supportive of your choices - and avoid inviting the people you know may not be so supportive.

5 Go On an Adventure

Celebrate by doing something exciting! Try go karts, paddle boating, kayaking, or, if you're feeling really adventurous, ziplining or even skydiving. Some people like to celebrate something this big with a big adventure.

6 Try Something New

Whether it's a paint party, camping, salsa dancing, a new sport or group activity, or even just a new food, trying new things can challenge you to leave fear behind and continue to make positive changes in your life.

7 Write a Letter to Yourself

Write a letter to yourself, congratulating yourself on how far you've come. You can do this with pen and paper or you can use something like FutureMe.Org. So, one year from now, you can read the letter you wrote, and remember all that you've done, how good it felt to recover, and how far you've come.

8 Share Your Story

If you feel comfortable doing so, share your story on social media or on your blog. It can be very rewarding to share your experiences - and you may be able to help someone else who's struggling. You can also help to fight the stigma that surrounds substance abuse, and let people know that it's ok to ask for help.

9 Commemorate Your Recovery

Sometimes creating something can be very helpful when it comes to our mental health. If you're not the creative type, you can commission something. Some people even choose to get a tattoo to celebrate their recovery.

10 Become a Sponsor for Someone in Recovery

There's no better way to celebrate recovery than to help someone else begin their journey. If you are able and willing, becoming a sponsor for someone is a wonderful way to celebrate your own recovery.



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