



~ Summertime: Festivals, Fun & Sobriety~

Written By

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As there are always festivals, concerts and a whole load of **social activities** running over the summer months it's important that you take steps to mind your sobriety. The temptation to drink or use is always there but the risk increases when you are at an event, particularly when you are surrounded by people drinking and using. The question you have to ask yourself is *'are you in a place in your recovery where you feel strong enough to resist and say no?'* So, if you are going to an event there are some things you can do to take care of yourself and of course enjoy every moment of it.

~Festival Care~

1. **Surround yourself with family and friends who support your recovery.** Identify in your group who won't be drinking too much. There will always be someone and these people will encourage and support you if need be.
2. **Before you go find out if there will be sober tents at the festival.** If things get too boisterous at the main stage you can pop over to relax and unwind. Plus you will be surrounded by like-minded people.
3. **Drink water to stay hydrated,** especially in crowds and if the sun is shining. Treat yourself, have a mocktail or ice cream.
4. Relish it knowing that **you will remember every single part of the festival** because you are not drinking or using. Plus there's no hangover the next day.
5. **Have a contact list of people** you can call if you need support. It can be a sponsor, family and friends. Anyone who supports you and your recovery. Mention to them before you go that you might phone them for a chat.

6. **Have an option to leave** just in case you begin to feel uneasy or your recovery is at risk. Before you go let your friends know this might happen, take your own car if necessary.
7. **Never ever leave your drink unattended** and don't accept open drinks from anyone. Keep your drink with you at all times or spill it out if you have to.
8. **Enjoy yourself.** This is a must! Dance, sing, visit all the stalls and just have some fun. The best thing is you will remember enjoying every minute of the festival ☺

~“Most of the important things in the world have been accomplished by people who have kept on trying when there seemed to be no hope at all”

~ Dale Carnegie ~

Best Wishes

Eileen

xxx

~About Me~



Hi There,

I'm Eileen Foley, founder of Inner Healing Counselling.

I am an accredited addiction and family support counsellor. My practice provides counselling support in my local community in Kerry and I also provide a nationwide online counselling service.

I work with people who are having issues around their drug and alcohol use and support them in becoming the person they are meant to be.

My passion is to support family members affected by a loved one's substance abuse. As someone who was deeply affected by someone's addiction I know and fully understand the obstacles people have to overcome to transform their life.

In recent years I have discovered my love of writing which is something I am really enjoying. I blog about different aspects of my work and basically anything and anyone that inspires me!

I am dedicated to supporting people on their life's journey and nothing gives me greater pleasure than seeing someone transform their lives in front of my eyes, it is truly an amazing experience.

So if you are ready to bring about a transformation in your life, then get in touch, I would love to hear from you. ☺

Best Wishes,

Eileen Foley.

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Find out more about me at www.innerhealingcounselling.com

You are invited to join a community of like-minded people in my free online support group
<http://bit.ly/2IMkIGS>

Want to keep up with my latest social media posts then follow me on Facebook.
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