



[New Year Sobriety Resolutions](#)

People often make and fail to keep new year resolutions. We often try to reach some very large goal that might not be easily attainable. Working towards more of a lifestyle change can help you maintain your sobriety in the new year.

Take Small Steps

Start with minutes and then hours of sobriety before reaching for a larger goal like a whole year.

Mindfulness

Stay as present as you can. Choose activities you enjoy and really focus on those things.

Try mediation which can support mindfulness by focusing on your breath.

Ask yourself frequently if you are making the healthiest choice possible at this moment.

Reach Outside Yourself

Get into nature and enjoy being among trees or taking a hike. Seek out new landscapes to improve your mood.

Use your creativity to put together a mood or goals board or engage in other activities like painting, dancing, and singing.

Give back to others by volunteering for an organization that is important to you.

Avoid loneliness by spending time with friends or family who support your recovery.

Design Your Living Space to Suit Your Needs

If you are trying to remain sober, don't keep alcohol or other drugs in your home - even for guests or special occasions.

Make your space support your sobriety have visible reminders (pictures or notes) of what helps you stay sober.

Get Active

Exercise helps keep your mind and body engaged in something besides a craving. You can also use exercise to get into nature, spending time with others, or have some alone time, depending on your preferences.

Keeping your house clean and less cluttered can help make more mental space for sobriety. If cleaning stresses you out, try to spend 5 minutes cleaning after each show you watch or during commercials.

Beyond New Year Resolutions

New year resolutions are easy to make and then break. It is more important to choose a small lifestyle change that will help support your larger goal. Start small and keep going! You can do it!

If you are (or someone you know is) an adolescent who uses drugs or alcohol, ASAP can help you get on the road to recovery. Call us at 513.792.1272 to set up an [assessment](#) and get started in our [education](#) and [treatment](#) programs.