



## HOPE Emails

### Memorial Day Weekend May 24, 2024

Good day!

Beth Lehman, Sober Livers' Principal Strategic Advisor, and I want to extend a warm welcome to you once again for joining the HOPE Program. We're thrilled about this community and eagerly anticipate meeting each of you on **June 11th at 7 pm EST**. In my previous email, I mentioned that I would be sending a Zoom link for you to join the meeting. To ensure a secure and safe space for everyone, we've decided to wait until the day of the event to share the password-protected link.

As we approach the first holiday weekend of the summer, I recognize that sober summers can be challenging. If you ever need someone to talk to, please feel free to call me on my cell at **720.329.4232**. I was diagnosed with decompensated cirrhosis on May 6, 2018, and I understand firsthand the difficulties of navigating sober living during this season.

#### **Tips to Stay Sober Over Memorial Day Weekend and Beyond:**

1. **Remind Yourself of Your Reasons:** Reflect on why you've chosen to avoid drinking. Whether it's for health reasons, personal growth, or simply feeling better, keeping your motivations at the forefront will strengthen your resolve.
2. **Talk It Through:** Share your decision with someone you trust. Discussing your commitment to sobriety with a friend, family member, or therapist provides encouragement and accountability.
3. **Distract Yourself:** When the urge to drink arises, engage in healthy alternative activities. Try deep breathing, meditation, or enjoy your favorite outdoor pursuit. Don't forget your hat and sunscreen!
4. **Challenge the Thought:** Question the underlying belief that drives the urge. Is alcohol truly necessary in this moment? Can you find alternative ways to cope with the situation?
5. **Ride It Out:** Sometimes cravings pass if we allow ourselves to experience them without giving in. Remind yourself that the urge will fade over time.
6. **Leave Tempting Situations:** If you find yourself in an environment where alcohol is readily available, consider leaving gracefully. You don't have to stay in situations that challenge your commitment to sobriety.

Remember, it's absolutely okay to prioritize your well-being and make mindful choices. You're not alone in this journey, and seeking support can make a significant difference. 🌻 🌿

Lastly, some of you may already know Lynda Corazulli, Addiction Specialist at Jefferson Health's Einstein Campus. She will be our speaker in July. Lynda recently shared a video (link below) that resonated deeply with me. As the number one coping strategy suggests, it reminded me of one of the many reasons I choose to stay sober!

**Watch the Video:** [Nuggets](#)



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If you know of anyone else who may benefit from the HOPE Program, please share our website, [www.SoberLivers.org](http://www.SoberLivers.org). Again, we eagerly look forward to meeting everyone on June 11th. Be sure to mark the date on your calendar!

Wishing you strength, resilience, and a supportive community as we navigate this journey together.