

## **Celebrate Your Sobriety This Summer**

Summer is officially upon us – a time for lazy days, relaxation, and a feeling of serenity unmatched by any other time of the year. This summer, arm yourself with the energy and positivity of your sobriety and use the beauty and freshness of the season to celebrate YOU – completing your journey to sobriety, developing your sense of self-empowerment, and committing yourself to a new beginning.

When is the last time you truly took a moment in the hustle and bustle of daily life to STOP, take a deep breath, and admire the natural splendor of the world around you? Far too often, we are so distracted by the problems in our lives that we forget to slow down and enjoy all that life has to offer.

This summer, ask yourself what you can do to stay happy, healthy, and positive. Whether you prefer to enjoy time alone or in the company of supportive loved ones, carve out time in your schedule at least once a week to engage in an activity that allows you to clear your head and improve your relationship with yourself.

Take a weekly walk on the beach. Bring a picnic basket, a blanket, and a book to your local park. Nap on your back porch in a hammock, a refreshing glass of lemonade by your side. Splurge on a relaxing weekend at a nearby bed and breakfast. Find your sense of freedom, whatever that may be.

Look for opportunities to surround yourself with feelings of peace, well-being, and serenity. In other words: renew, refresh, and rejuvenate.

Celebrate sobriety. Celebrate life. Celebrate YOU.