

Recovery Celebration Ideas

It is so important to celebrate the small and large victories we experience everyday after a hard day of resisting cravings, starting a new job, or reaching a recovery anniversary. Take time for yourself and your loved ones to recognize the hard work, commitment, and strength that each day of recovery requires with some of the following suggestions.

1. Go out and do something fun.

Take a hike, visit an escape room, go rock climbing, have a nice meal, or do another favorite personal activity.



2. Personal gift.

A book, journal, compilation of photos of loved ones and memories, gift certificate, item related to the individual, experience gift, etc. Some organizations use a “Monkey Fist” as acknowledgement of one’s recovery success.



A little background on the Monkey Fist: Used first at the Palmer Drug Abuse Program (PDAP). The Monkey Fist is a sailor’s knot and used as the first contact the ship has with land. The crew on shore catches the knot, secures the line to the dock, and pulls the ship to shore. The Fist symbolizes first contact to solid ground and recovery, with the group representing the crew that pulls the newcomer safely to shore after a

perilous journey. Traditionally, the small leather Monkey Fist knot is worn around the neck (adapted from A Light of Hope Support Center, Santa Clarita, CA. <https://www.alightofhopescv.org>)

3. Invite others to celebrate success.

Sharing with others close to you through a meal, walk, or phone call can be a great way of celebrating success.



4. Plan an activity-filled day to celebrate.

Planning a special day filled with activities, food, and company can be a way to celebrate through planning and following through with a dedicated event.



5. Celebrate the little things.

Take time to celebrate little victories every day through volunteering, attending meetings, treating yourself to something special, or indulging in your favorite snack.



6. Reflect and look back.

Allow time to reflect and write down/express all that you have been through thus far.



7. Have a "You Day."

Make time to spend alone and treat yourself to all that you enjoy.



8. Thank those you love.

Thank those around you who have supported you, as well as make time to interact with these individuals in your life.



9. Share your story.

Speak up about your experience, celebrate success, mentor others, and advocate for your small and large victories.



10. Do something new.

Go on a fun trip, start a new hobby, or begin to learn something new.



References

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