

FOR IMMEDIATE RELEASE

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Sober Summer

Summer is in full swing with vacations, cookouts, pool parties, and other warm weather celebrations. While these events offer plenty of opportunities to connect with friends and family, they can also present challenges for individuals working to maintain sobriety and make healthier lifestyle choices. It is no secret that summer and all its festivities are often centered around alcohol, making it easy to feel pressure to participate. Whether you're in recovery, cutting back on alcohol, or simply focusing on your overall well-being, having a plan can make all the difference.

Before attending social gatherings, consider:

- Bringing a favorite non-alcoholic beverage.
- Asking a support person to accompany you.
- Planning how you will respond when offered a drink or are pressured to drink.
- Having a plan in place to leave if the pressure to drink becomes too great.

It is also important to be mindful of the heat when alcohol is involved. Alcohol can contribute to dehydration and increase the risk of heat-related illnesses, including heat exhaustion and heat stroke. Whether you are or you aren't drinking, staying hydrated, eating regular meals, and taking breaks from the heat are some simple ways to protect your health while enjoying outdoor activities.

The good news is that a fulfilling summer doesn't require alcohol. Activities like hiking, swimming, gardening, attending local events, or spending time with family can be just as enjoyable—and often more memorable—when you're fully present in the moment. It's also important to stay connected to your support system. Friends, family members, recovery groups, or trusted mentors can provide encouragement and accountability during a season when routines often change.

Summer is meant to be enjoyed. By planning ahead, prioritizing your health, and surrounding yourself with supportive people, you can navigate social situations with confidence and create meaningful memories all season long.

For more information, visit <https://www.crossroads-helps.com/blog/sober-in-the-sun-how-to-protect-your-recovery-during-summer-events/> OR contact Arianna Oehme, Wildcat Extension District Health & Nutrition Program Assistant at aoehme@ksu.edu or (620)724-8233.

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