

New Year's Eve Around the World (NYE-ATW)

This event has come a very long way and is very important to everyone involved. What makes this event so special is that this is the time to stray from your traditional meeting model and plan for a fun way for everyone to talk about recovery. NYE-ATW is open to all SROL and SMART Recovery, USA, participants and volunteers. This is what people liked about last year:

- Family & Friends
- Keep topics happy and light for the holiday
- Motivation
- “Catching a breath” in busy households
- Examples of the tools in action
- Recovery science highlights / studies from the year
- GAMES!
 - This is our most common feedback
 - Previous examples: Family Feud, Jeopardy!, Scavenger Hunt
- Mindfulness or meditations
- Holiday mocktails or healthy holiday treat recipes and demonstrations
- DISARM
- Dealing with cravings
- Managing thoughts, feelings, and behaviors
- Holiday apparel and gear
 - Noise makers to count down the New Year for the time zone you are hosting
- Emotional healing
- Music
- Quizzes
- Blogging/Podcasting
- What’s it like volunteering? What’s your meeting style, how do you facilitate/meeting help?
- Relapse prevention
- Building confidence
- Goal setting
- Replacing urges
- Micro resolutions