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COVID-19 and Holiday Stress

The holidays - a time of festivity, parties, shopping, entertaining, religious observations, and family gatherings. However, things are going to look different this year! With all the extra demands and stress that 2020 has brought, here are a few suggestions on how to manage and cope.

**PREPARE.** Our usual family traditions may be too high risk for this year. Plan ahead for these lower risk activities instead.

* Have a small dinner with only people who live in your household
* Preparing traditional family recipes for family and neighbors, especially those at higher risk of severe illness from COVID-19, and delivering them in a way that does not involve contact with others
* Have a virtual dinner and sharing recipes with friends and family
* Shop online rather than in person on the day after Thanksgiving or the next Monday
* Watch sports events, parades, and movies from home

**TAKE CARE OF YOURSELF.** Think about what the holidays mean and try to stay true to that spirit.

* Take breaks from watching, reading, or listening to news stories, including social media.
* Take care of your body.
* Take deep breaths, stretch, or meditate.
* Try to eat healthy, well-balanced meals.
* Exercise regularly, get plenty of sleep.
* Avoid alcohol and drugs.
* Make time to unwind.
* Participate in activities you enjoy.
* Connect with others. Talk with people you trust about your concerns and how you are feeling.

In the quiet weeks before the holidays, take some time to prepare yourself for the “new now normal” of the 2020 holiday season. Be willing to let go of old traditions this year for the sake of safety and wellbeing. If you need support throughout this stressful time, please reach out to **All Points EAP**.



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