



November 2020

### **Tips for the Holidays**

As we enter this beautiful time of year in celebration of Thanksgiving which then leads us into Advent and Christmas, most of us are struggling with a very different type of celebration in 2020. Though many of us will be unable to share these joyous times in our normal family gatherings, let's look at what we can do for ourselves and our families to enjoy and celebrate these wonderful occasions.

1. First, take time to allow yourself to grieve the loss of your traditions this year. It's okay to acknowledge you are sad, disappointed, angry over this change.
2. Talk openly to your family, spouse, friends, children as they are all feeling the same and talking about it releases these feelings, allowing you to move on.
3. Take time to exercise, read, take walks, steal a moment of peace and enjoy nature, listen to music.
4. Look for how you can reconnect with family and friends, both at home and afar.
  - a. Call them on the phone or Facetime.
  - b. At home, make a Thankful jar and have all family members share what they are thankful for this year.
  - c. Make the day or evening a family board game time.
  - d. Pick special movies for family night.
  - e. Show old home movies of when the children were little and laugh and laugh some more!
  - f. Bring out old photo albums and share special memories.
  - g. Have each family member pick out one menu item that they would like made for your intimate family meal and have them help make it.
  - h. Go for a walk at one of the many wonderful parks or just around your neighborhood.
  - i. Make special cookies, ornaments or just a special note and drop it on your neighbors' front porch.
  - j. Reach out to someone you know who will be alone during the holidays and find special ways to stay connected.
5. If you are really struggling, know there is help & hope and that this will pass and better days are ahead! For help, call Community Mental Health's 24 hour hotline at 800-615-1245.