Holiday Stress Relief in the Year 2020

Introduction:

In the past, this time of year would have been busy with the hustle and bustle to meet unrealistic expectations, excessive commitments, never ending diet-busting parties, traveling great distances, and visiting family and friends. But due to COVID-19, the 2020 Holiday Season may be different for many people. Traveling and gathering in large groups may not be possible and, at the very least, are being discouraged by federal and local authorities.

Discussion Points:

- How COVID-19 will affect the 2020 Holiday Season
- • No need to cancel everything
- • Focus on keeping everyone healthy and safe
- • Plan small group gatherings and virtual celebrations
- • Be responsible and be smart!

Discussion:

The past several months have been difficult for all of us, as lives have been changed beyond expectation. Change can be difficult, even under normal circumstances. What has occurred during the past few months is hard for most to understand and process. As the holidays approach, there are many concerns about hosting and attending parties and celebrations. However, that doesn't necessarily mean that the holidays are going to be a disappointment or that you need to cancel everything. Okay, there is no denying that things will be different. Maybe it would be best to avoid the large office and community celebrations. It is necessary to recognize that meeting in large groups and traveling long distances increases the chance of spreading the virus. It is important to consider all risks. Take a moment to step back, take a breath, and gather your thoughts. Take some time to figure things out and gain control of your emotions. Maybe it is a matter of spending some time alone, going for a walk, reflecting on the positive, or talking to a friend. There are things that you can do to make this time festive. Plan your Thanksgiving meal, listen to some Christmas music, put up the Christmas tree and other decorations, bake some cookies, and plan on small gatherings with family and friends. The most important thing is to stay positive, and be smart!

Start a new tradition with the focus being on keeping co-workers, friends, and family members healthy and safe. By now many of us have been working remotely and visiting with one another virtually, so celebrating virtually shouldn't be much of a change from the "new normal". Consider celebrating within your own household, with close family members and friends, and bringing groups together virtually. The important thing is to avoid large groups. Really, no one wants to be responsible for holding a super-spreader event. Instead, keep everyone safe during the Holiday Season of 2020.

As always, stay safe out there!