

Planning Ahead for the Holidays: (KEEP) Spreading CHEER this holiday season



COVID-19 has changed how we do many things. But that doesn't mean we can't enjoy this special time of year. By continuing to take the safety precautions recommended by the CDC and local government, and thinking outside of the box, we can still create memories we'll cherish for years to come.

Keep the holiday spirit alive

As we're all still adjusting to life during a pandemic, it's important to remember that taking steps to safeguard your family's mental wellbeing. Brainstorm ideas on how to keep the holiday magic alive! Here are just a few ideas:

- **Decorate your home for each holiday you celebrate;** the whole family can get involved and your neighbors can enjoy it from afar.
- **Extend the "secret santa" concept beyond the office;** a secret gift exchange can be anything you make it. Create your invitation list, give instructions and then go! Givers can order small items online and have them shipped directly and anonymously — no contact required.
- **Facilitate a virtual show and tell;** help your children select holiday items they enjoy or that play a significant role in your family's holiday traditions. Dreidels. Candy canes. Cherished holiday stories. Anything goes! Your kids will love sharing and learning how others celebrate differently.
- **Host a holiday craft contest;** weather permitting, it's easy to set up Christmas ornament or star of David craft stations outside, where you can keep a safe distance.
- **Open gifts virtually;** use technology like Zoom or FaceTime to virtually exchange gift. After all, seeing everyone's reaction is the best part.
- **Send letters or small gifts to your loved ones randomly throughout the holidays –** it's unexpected. And, letting someone know why you're grateful for their love and support, always warms the heart.
- **Watch the annual holiday parades;** it's likely already a family tradition and you can enjoy from the safety of your own home.

Remember, support is always just a phone call away. Together, we can navigate this new norm, safely enjoy favorite family traditions or create new ones to cherish. If you are finding it difficult to be spread good will or stay in the holiday spirit this season give Best Care EAP a call at **402-354-8000** or **800-801-4182** or email eap@bestcareeap.org.