

Planning ahead for the holidays: What can we do about feeling lonely during COVID-19?



The holiday season can be a lonely time for many people. Everyone is grappling with the challenge of creating memories and fostering togetherness without spreading COVID-19.

Keep Communicating/Take Advantage of Technology - Gather via Zoom for a quick check-in or opening Christmas gifts on Face time with a friend. Taking a moment to really connect with someone, talking about shared interests or fond memories, even if it's online, can help remind us of good times and what makes us happy.

Practice Self Care - Coping looks different for everyone, and needs vary depending on the state of your emotional and physical health. Spending time in nature can absolutely be helpful. Getting exercise, even a short head-clearing walk can help you to reset. Being sure to drink enough water and doing your best to eat well-balanced foods can also help you manage stress.

Embrace Intuitive Eating - There are certain nutrients in foods that play a key role in boosting mood. Vitamin D is a big one. Foods high in Vitamin D include salmon and eggs. Another important nutrient for the brain is folate, a B vitamin that aids in neurotransmitter production. Foods rich in folate include spinach and asparagus. A low-carb lifestyle easily includes all of these foods.

Pay Attention to Your Mood and Mindset - SAD is seasonal depression that creeps in when the days get dark earlier and the temperatures begin to drop. You could take a Vitamin supplement or turn to artificial light to help. Keeping a positive attitude could make a big difference in how you feel.

Practice Gratitude Practicing daily gratitude can break you out of a rut. Focus on what you feel grateful for, moments you can savor and enjoy, and try something new.

Try New Activities and Get Creative Join an online community for individuals with shared interests, learn something new or participate in virtual game nights.

Accept Reality and Find the Silver Lining This is not going to be the norm forever. It will end. Until then, take the time to recognize where you are at emotionally and get help if you feel you need it.

Remember, support is always just a phone call away. If you are finding yourself feeling lonely and need someone to talk to, give Best Care EAP a call at **402-354-8000** or **800-801-4182** or email eap@bestcareeap.org.