

Celebrating the Holidays During COVID-19

It can be stressful to social distance, especially during a time of year when you want to be with family and friends more than ever. Here are some ideas of ways that you can switch up your holiday celebrations to keep the spirit alive while staying safe.

- Plan fun activities and stick to the schedule. It's easy to get into a funk, but planning holiday activities can keep you motivated.
- Make handmade cards, ornaments or gifts – crafting can be a soothing activity to get you into the holiday spirit. You can invite a friend to join you over a video call.
- Have a smaller gathering than usual of just immediate family.
- Bake cookies and freeze the leftovers so that they don't go to waste.
- Have a video call during dinner with your loved ones so you can still enjoy a holiday meal together.
- Drop off a homemade meal to elderly loved ones.
- Find ways to volunteer or donate to your community – food pantry, local church or synagogue, homeless shelter, animal shelter etc. This year they may have a lot more people to serve and can use your help.
- Have a holiday movie night with hot cocoa.
- Light a winter scented candle and play some holiday music while you do your everyday chores. It can make a huge difference in your mood.



This year is going to look different for all of us but we can find ways to make it special for ourselves and for our loved ones. Be creative and don't push too hard. Your mental health is important. Be kind to yourself and respect your own limitations– even if you just make it through the holidays, that will be enough.



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