People who nurture daily celebratory and gratitude habits have more energy, less anxiety, and better physical health.

Humans have been commemorating special occasions for thousands (and thousands) of years:
  - Feasts
  - Festivals
WHAT IS THE MEANING OF THE HOLIDAYS

• What does the holiday season mean to you and your family?
• How do you embrace the spirit?
  • Volunteering/Giving back
  • Making donations (food, clothing, money)
  • Journaling and talking about gratitude for what we have vs what we don’t
Focusing on what you can control

Plan and be organized

Make the determination to make this the best holiday possible

Be prepared for a “different” holiday experience. Set expectations accordingly

Have conversations with the family early about what you can and cannot do this year

It’s all about your mindset. Focus on positive thinking & focus on what you are grateful for
Do not cancel the holidays
Work around restraints
Involve the family
Think outside the box
Find a neutral place to celebrate
SHOPPING TIPS

• More online than ever before
• Handmade gifts
• Give experience gifts (mostly virtual)
  • Ideas: Virtual cooking class, virtual exercise class, online dance lessons, subscription boxes, apps, photo books
• Give family members the gift of a service
• Give the gift of technology (new ear buds)
• When possible, support local and small businesses
• Expect popular items to be sold out earlier than usual
• Be aware prices will start to go up earlier this year
• Think of "useful" gifts, needs are different right now
TRAVEL

- Read the CDC guidelines
- Be prepared for arrangements to change
- Carry your health insurance in case you need to go to the doctor or hospital
- Be willing to off the beaten path
HOW TO PREPARE CHILDREN

- Make children a part of the family conversations
- Set expectations with them
- Have them make cards and gifts this year
- Plan holiday arts and crafts as a new tradition
**OLD AND NEW TRADITIONS**

How can you make the best of it?

<table>
<thead>
<tr>
<th>Get dressed and go over the top – it’s important to enjoy it</th>
<th>Set the table</th>
<th>Buy flowers</th>
<th>Cook and bake your favorite foods</th>
<th>Talk to others – ask what new ideas do they have?</th>
</tr>
</thead>
</table>


NEW IDEAS AND FUN

- Consider pet adoption
- Holiday drive-by visits
- Board and video game nights
• Be active
• Make or bake your traditional recipes with healthier alternatives
• Watch what you eat
• Watch alcohol consumption
• Plan your sleep
COPING WITH LONELINESS

- Recognize and acknowledge how you are feeling and what you are thinking
- Know how to manage your reactions and thoughts
- Be patient with yourself!
- Stay busy with activities that energize you
- Maintain social interaction
COPING WITH GRIEF

• Recognize and acknowledge loss during this time
• Share stories about the loved one. The more the better! Keeping things in does not help!
• Plan and decide which social functions are “good for you” to attend
• Delegate as much as possible, and give yourself a break sometimes
• Plan fun activities that you will genuinely look forward to
MANAGING STRESS

• Focus on the things you can control
• Get active and move your body
• Practice mindfulness and relaxation techniques
  • Yoga
  • Meditation
  • Visualization
  • Deep breathing
DEEP BREATHING PRACTICE
The SupportLinc Employee Assistance Program (EAP) is a health benefit, separate from your medical insurance, offered by your employer to help you manage life’s daily challenges.

SupportLinc can refer you to professional counselors, services and resources that will help you and your eligible family members resolve a broad range of personal and work-related concerns.
WHAT SERVICES ARE INCLUDED?

WORK-LIFE BENEFITS

LEGAL CONSULTATION
Free In-Person or Telephonic Consultation with a Licensed Attorney
No Employment Law

FINANCIAL CONSULTATION
Expert Guidance and Consultation from Financial Professionals

IDENTITY THEFT CONSULTATION
Free Consultation with Identity Theft Recovery Professional
Tailored Recovery Action Plan

DEPENDENT CARE REFERRALS
Expert Referrals to Child and Adult/Elder Care Providers, Facilities and Other Resources

"CONVENIENCE" REFERRALS
Guidance and Referrals to a Variety of Daily Living Resources: Home Improvement, Entertainment Services, Pet Care, Auto Repair, Wellness, Travel, Handymen, Volunteer Opportunities, etc.
<table>
<thead>
<tr>
<th>Getting Started</th>
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</thead>
<tbody>
<tr>
<td>Call 1-888-881-LINC (5462)</td>
</tr>
<tr>
<td>Visit <a href="http://www.supportlinc.com">www.supportlinc.com</a></td>
</tr>
<tr>
<td>Username: IU</td>
</tr>
</tbody>
</table>

Support for everyday issues. Every day.