



The Lexington Group, Inc.

Your Employee Assistance Program

COVID-19 and the Holidays

Under normal circumstances the holiday season can be a tricky time to maintain physical and mental health. With COVID-19 keeping many people indoors and isolated, there are even more barriers to wellness. Celebrating virtually or with members of your own household poses the lowest risk for spread, however, many are finding it especially taxing to make tough decisions to protect the health of family and friends this holiday season. A sudden shift in tradition may have you feeling an extreme loss of control on top of disappointment. Constant change is exhausting, especially when you didn't ask for or even expect it; but that doesn't mean that the holidays are destined to be a disappointment. There are plenty of ways to cope with the tough feelings you're having while still enjoying the season:

Make a conscious effort to consistently identify at least 3 things that you're grateful for. It can be something as broad as your well-being, or something as specific as your favorite song playing on the radio the last time you got in the car. Remind yourself that even though you may be giving up some of your favorite things about the holidays this year, you're probably leaving some stressors behind. Long days of travel and endless to-do lists are things you can be happy to avoid this year. Relish in reinvigorating traditions and know that this won't last forever. Post-pandemic, your next holiday will feel refreshed and be that much sweeter.

There are still ways to celebrate the season with your loved ones, even if you must give up some of your favorite holiday activities. Find creative ways to adapt or start new traditions, they may even add more meaning to your

holiday season. Try a themed exchange: send someone a meal, decorations, and gifts for your holiday Zoom get-together. Familiar games like Scrabble, Mad Libs, Pictionary, and Battleship can also be played online or through video virtually. Have a mystery cooking competition, send a list of ingredients to a loved one and give them directions over video for a fun way to share their favorite food they may be missing this holiday season; you could even go the extra mile and make a PowerPoint.

Sometimes, the simplest way you can add meaning to your holiday is giving back. During the pandemic, food banks and shelters are taking extra steps to help those in your community eat with added precautions to keep volunteers and visitors safe and housed. Donate necessities like face masks, socks, hats, gloves, blankets, personal hygiene products, and canned or shelf friendly goods. Sometimes these organizations buy in bulk to reduce cost or have specific items they are lacking, call or visit their website to find out the best way to give- be sure to thank your local healthcare workers and hospitals as well. Share the love, get your friends family and neighbors involved too!

If you find yourself feeling overwhelmed or stressed, it can be difficult to get out of that mindset. It's important to slow down and acknowledge your feelings. If you're finding yourself sad, hopeless, or unable to enjoy the holidays this year, you don't have to battle those feelings alone. Reach out to us, The Lexington Group, and we can get you connected with a mental health professional if you are concerned about your mood or the general state of your mental health.

How The Lexington Group Can Help

The Lexington Group can help set up confidential Online or Face-to-Face Counseling. Caring and personalized help is at your fingertips. Request service and find out additional information at: [The-Lexington-Group.com](https://www.thellexingtongroup.com)

For 24/7 support call:

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1-800-676-4357

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