

One Source EAP Connections

Coping with the Holidays During COVID-19

November 2020

Think Outside the Box this Holiday Season

The holidays are just around the corner. During the holidays, we normally experience a range of emotions from excitement and joy to stress and loneliness.

The 2020 holiday season, and the ways in which we celebrate, will look significantly different, threatening to put a damper on positive emotions and increase negative ones. However, with some additional preparation and some out-of-the-box thinking, we can have a joyful holiday season.

Coping with the holidays during COVID-19 begins with identifying and respecting your own needs, concerns and motivations, then communicating them. Creativity and technology can help make sure everyone is included in a safe and healthy way.

Check out the resources at right to help you plan your holiday celebrations in a way that supports your traditions and your emotional health.

Should you find yourself overwhelmed at any time. One Source EAP can help. **Call us at (800) 300-0628.**

The One Source EAP team



Resources to Help Plan Emotionally Fulfilling Holidays

Check out the articles below to help you plan and cope with your holiday celebrations.

The CDC has issued [guidance to help you plan holiday celebrations](#) with considerations for before, during and after the holiday. It's a great place to start!

The Cleveland Clinic has also weighed in with an [article on Coping with Family holiday gatherings](#)

This Courier News article gives us [Six Tips to Cope with the Holidays](#) this year.

Visit One Source EAP on the web

Throughout the holiday season, One Source EAP is here to help you through any challenges you may face. Our professionally staffed Access Center is available 24 x 7 at (800) 300-0628. The [One Source EAP website](#) can help you quickly and easily review your benefit, get answers to your questions, prepare for your first counseling session. However, there may be times when you may just need a little stress relief. Our website can help you at those times too. You can access blogs, back issues of newsletters and [The Calm Collection](#), videos designed to help you feel better in just a few minutes with stress relief techniques and a laugh or two.

Helping Children Through COVID Holidays

By now, you've probably started planning your Thanksgiving and December holiday celebrations and they are likely going to be a lot different this year. As adults, we can process the need for those differences and have some control over what and how our families will celebrate. But our children have already experienced so many changes over which they have little to no control. School is changed, sports seasons, parties, dances, playdates, trick or treating and other gatherings have all been cancelled. Children may be experiencing significant stress and anxiety and not know how to deal with their feelings.

Now is the Time to Talk to the Children In Your Life

Children need to be reassured that while the holidays are going to be different, they will *not* be cancelled. Let them participate in the planning. Point out the traditions that won't change, such as holiday baking, decorating and watching holiday movies as a family. Then discuss what will need to change and brainstorm creative ideas for activities that might become new traditions. Dr. Ronald Nahass, MD, infectious disease specialist and Chief Epidemiologist at RWJ University Hospital, Somerset, stresses keeping family "pods" separate for indoor events, but says outdoor events are fine. His idea for a modified tradition, a "Thanksgiving Tailgate" with everyone together—outdoors.

Encourage your children to discuss what they are feeling and help them label their emotions. Let them know it's okay to feel sad, disappointed or angry, and feel free to share your feelings with them.

Can't Miss Reading

For additional ideas and suggestions, check out these very helpful and informative articles: ["Children, Adolescents, and COVID: How Adults Can Help Kids Cope Now and Through the Holidays"](#)

["How to Help Kids Handle Holiday Disappointment During COVID-19"](#)

One Source EAP can help you and your children throughout the holidays

- Free, private and confidential sessions with a One Source EAP provider, including family sessions and sessions for children up to age 26. **One Source EAP is just a phone call away 24 x 7 x 365 at (800) 300-0628.**
- [The Calm Collection](#), videos can help you and your child develop calming and stress management techniques to help you feel better in just a few minutes.
- The [One Source EAP website](#) has additional resources to help you navigate each day.