

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.