

## How to have a restorative holiday

1. If you are taking days off from work, don't work.
2. Living through the pandemic is like living while carrying around a 100-pound knapsack. Remove some of those "pounds."
3. Many people cannot be, or have chosen not to spend the holidays with family or friends. This is sad and may be lonely. Let yourself feel what you feel. Then find a way to be in touch.
4. For those of you who are getting together with family and friends, try to use as many of the virus mitigating strategies as possible: [www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays.html](http://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays.html). That means, spend as much time outdoors as possible, wear masks indoors as much as possible, ventilate your indoor space to the best of your ability and stay physically distant to the extent that you can. The smaller the group the better.
5. Getting together with family may cause tensions due to political differences. Here are some good suggestions for managing different views:
  - a. Put family connection first; the purpose of family time is affirming love and affection.
  - b. Try to create a politics-free time/zone, especially at the dinner table.
  - c. We all live in media created information bubbles and what we "know" can be very different depending on the "bubble" we are in.
  - d. Remember that we rarely change people's views; political discussions among family members often just stir up trouble.
  - e. Have some distraction phrases ready to hand if they become necessary:  
"So what did you think of the football game?" "I have to check on the pie."  
"Is that a new shirt you are wearing?"
  - f. Suggest a pause to express what each person is grateful for.
6. While there is much to grieve this holiday season, there is also much to affirm and appreciate. Savor moments of beauty, peacefulness, pleasure and connection.

Finally, think of taking care of yourself this holiday as your contribution to the collective.

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