



Spread cheer while keeping yourself and others healthy

Here are some creative ways to celebrate together while staying apart this holiday season.



Give back.

This is the year to help others. It doesn't need to be financial. It can be phoning or writing to people who are homebound.



Celebrate virtually.

Share your holiday traditions together in a virtual setting. For example, if your family enjoys preparing a holiday recipe, get on FaceTime or Zoom and cook it together.



Make it new.

Create new traditions that you can continue for years to come. For example, plant a tree that future generations will enjoy.



Think small.

Not all great moments are big. Go for walks, look at the stars, decorate your home, share a playlist, or create a handmade gift.



Zoom out.

Instead of video meetups, try a conference or group phone call, or fill a loved one's mailbox with handwritten letters and cards.



Celebrate health.

Use this time for self-care. Get your flu shot. Move more. Cook and eat healthier. Drink more water. Rest and meditate. Take the opportunity to avoid the stress that sometimes comes with holiday expectations.

If you choose to gather with others, do your part to be safe and healthy this holiday season, so we can all thrive — wear a protective mask, watch your distance, and wash your hands frequently.

