



Creative Ways to Connect with Family During the Holidays

You may not be physically together with your family and loved ones this holiday season, but you can still honor holiday traditions and stay connected during these challenging times. There are so many ways to do this. When you're thinking about holiday rituals and adapting to current circumstances, think about how you can recreate a quarantine-friendly version of meaningful moments you have shared in the past.

- Acknowledge that things are different this year. Plan ahead so you can stay connected in a safe way.
- Be mindful of expectations and remember that circumstances change and things are a little different every year.
- Look at this year's challenges as an opportunity to start new traditions and rituals. You may find new ways to add meaning to your holiday.
- Try and be flexible in your thinking. Adjust to find what works best for you and your family.

Helpful Links

- [COVID-19: Stay Connected with Loved Ones This Thanksgiving](#)
- [Should You Sit Out the Holidays This Year?](#)
- [CDC Guidelines for Holiday Celebrations](#)

Stay Connected During the Holidays

While sharing time with each other virtually may not be ideal, it is a nice way to still feel close while being physically apart during the pandemic. Seeing familiar faces during this time can be comforting.

- Mail out handwritten holiday cards instead of sending an email. The heartfelt sentiments in hand will be worth it.
- Make the favorite foods of your distant family members.
- Use decorations that remind you of your loved ones.
- Call or Skype your family or friends and share your favorite holiday memories, photos, etc.
- Even if you don't feel comfortable going to a family member's house for a shared meal, maybe you can bake various dishes or holiday treats and drop them off.
- Trade your favorite recipes online or share a meal together via Zoom or another virtual platform.
- Play games or try doing fun activities together online. Trivia night, dancing, karaoke, charades are a few examples.

Access Online Wellbeing Resources

Go to claremonteap.com to access free online wellbeing tools and resources to help you stay emotionally and physically balanced during the holiday season.