



## 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.**

