



Unchanged Traditions

As we move into the holiday season, it is important to shift your focus from the things that you can't do this year to the things that you *can* do, or that remain *unchanged*, this holiday season.

Things you CAN still do this holiday season:

Decorate

Watch sports, holiday movies, and/or other traditional programming

Listen to holiday music

Send cards and gifts

Shop Online

Wear your favorite/traditional holiday attire

Make/eat the traditional meals

Bake and decorate cookies or gingerbread houses

Drive around to look at decorations

Volunteer/donate

Talk to your loved one

Look for ways to find meaning in what you can still do

The list goes on and everyone has different traditions, but in short, there is so much you can still do. You may need to get creative or use technology to do some of the things that bring you joy and meaning during this time of the year, but they are not all impossible.

The most important thing you can still do is to be grateful for your personal list of things you can safely do. Celebrate that list by sharing it with those who you may usually share those activities with in person.

