



Cheer

Give yourself the gift of happy holidays

Aetna Resources For LivingSM

For many people, holidays mean good cheer, shopping and family gatherings. For others, the holidays can be tough. Many people feel more stress, disappointment, guilt and sadness. And this year, COVID-19 concerns may make the holidays challenging for all.

Do any of these statements sound like you?

- You usually look forward to the holidays but this year may be very different.
- You spend more than you budgeted on gifts and holiday items.
- Most of your happy gatherings will be very small or even postponed.
- You honestly can't wait until the holidays are over.

If any of these are true for you, you can do something about it. You can make changes in the ways you celebrate.

Tips for a happier holiday during COVID-19

- **Be reasonable.** Don't expect this year's holiday celebrations to be like other years. Staying healthy is the number one priority.
- **Give yourself and others a break.** Don't get upset if things don't go as planned.
- **Enjoy the season.** But don't expect it to be the same as non-COVID years.
- **Take care of yourself.** Get enough sleep and make time for exercise.
- **Spend within your budget.** Worrying about money adds to the stress of the holiday season.
- **Carefully choose the events you can attend.** Celebrate with people who are respecting COVID safety rules. Consider having some "get togethers" online through video-chat. Focus on the true meaning of the holidays for you.
- **If you're away from family and friends, or have experienced the loss of a loved one, share your feelings of grief.** Keep the demands on your time, energy and wallet to a minimum. Reach out and talk to loved ones for support.

We can help you stress less through the holiday season. Setting healthy limits is key to keeping the holidays a favorite time of the year.



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