

RESILIENCY

Resiliency During Crisis: Adapting Traditions

“At the heart of every family tradition is a meaningful experience.”

Acknowledge the changes in holiday traditions.

1. Schedule time to talk to family and friends about the changes to the holidays.
2. Make note of what brings meaning to your holiday traditions.
3. Adapt what you can to fulfill the elements that bring meaning to your holiday experience.

Social distancing and masking recommendations will likely change some of your holiday traditions this winter. Start a conversation early with your loved ones about expectations and necessary changes. Be mindful of the little things that bring you joy and look for ways to celebrate safely together, even if it is virtually.

Need more help? EAP: (314) 747-7490 – 24 hour, virtual hotline available
Visit the BJC COVID-19 site for additional Wellness Resources – [covid19.bjc.org](https://www.covid19.bjc.org)

