

NEWS/UPDATES

UPCOMING 2020 WEBINARS

December 8th

- What's Next? Tips for effective Retirement Planning

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“I am grateful
for what I am
and have. My
thanksgiving
is perpetual.”

—Henry David Thoreau



Relieve Holiday Stress

Holidays can be overwhelming on the body and mind. The most important thing is to **Stay Positive**. This is especially important when we can't gather as we normally have in the past. Things to remember:

- Have an attitude of gratitude.
- Have mercy on yourself.
- Stay present.
- Be crystal clear on your real “must do’s.”
- Simplify what you must do and want to do.
- Remember time is your most valuable asset.
- Look for the joy.
- Get a good laugh
- Identify your triggers
- Plan a “you day”

Citations

1. <https://www.shutterstock.com/ideas/holiday-quotes>
2. <https://www.success.com/tis-almost-the-season-remember-these-8-tips-to-make-sure-youre-spending-your-energy-on-what-matters-most>
3. <https://www.success.com/5-self-care-tips-to-relieve-holiday-stress>
4. https://www.huffpost.com/entry/staying-stress-free-during-the-holidays_b_8678984

Keep a Healthy Holiday Mindset

Normally, the holiday season is a time for tradition and family, giving thanks and grand meals. But for many of us, these ideal notions are eclipsed by the absolute frenzy that accompanies the holiday season: extra traffic, endless shopping and now, meals with our family by video.

Despite this being a challenging year, try to find some fun and joy in what we can do:

- You can still make a delicious meal to enjoy
- You can still speak with or have a video call with your family.
- You can still smile and find joy in seeing your loved ones or hearing their voices on the other end of the line.
- The holidays come complete with feelings of nostalgia and melancholy. Especially in this particular season we are travelling through. It's ok to talk about those feelings.
- Have mercy on yourself – you are only one person and you are navigating very different times.
- Make those amends – there is no better time than this time to forgive and forget.



These are certainly different and challenging times. We all have to work a little harder at “seeing” our loved ones while maintaining a safe distance. Talk to your family, friends or neighbours to find out how you will navigate this holiday and maybe try something a little unconventional this year!

“Coming together is a beginning, staying together is progress, and working together is success.”

“Blessed is the season which engages
the whole world in a conspiracy of love.”

–Hamilton Write Mabie