



# 5 Ideas for Surviving the Pandemic Holidays

**1** - Start weekly meetings with your partner/spouse. Set your holiday intentions and figure out your basic plans early. Describe what's working well and agree on logistics.

**Parent Meetings**

**Self-Care**

**2** - Include self-care in your plans. Put it in your calendar and set reminders. *Examples:* 2-minutes of slow breathing, afternoon walks, journaling at night, etc.

**3** - Sit down with your kids and brainstorm a new simple holiday ritual. Make it fun and worthy of repeating. *Example:* Halloween candy treasure hunt.

**New Ritual**

**Old Ritual**

**4** - Preserve a ritual from the past, especially one that the whole family can enjoy. *Examples:* Cooking holiday food, putting lights on the house, etc.

**5** - Reflect on what is essential and avoid doing too much. For now, consider letting go of traditions that may feel overwhelming. *Example:* Flying to visit family.

**Simplicity**