

THRIVING THROUGH THE UNPREDICTABLE HOLIDAYS

Although it's a challenge to survive the "holi-daze" on a normal year—let alone in 2020—it's more of a challenge to thrive through them. However, thriving may not be as hard as it sounds. Most of us are experiencing increased lockdowns, which can present both an opportunity and a threat to rethink how we find meaningful connections, celebration, and the sacred in the coming weeks.

Given that this special time of year promises to be a roller coaster of emotions, schedules, and long to-do lists, we wanted to highlight a few tips on thriving and how to find some silver linings among the silver bells.



STRENGTH-BASED AGILITY

Continue to expect the unexpected. Be proactive and play to your strengths to create the connection and celebration you seek, but hold your plans loosely. [Be agile and flexible](#) to change, while also remaining true to yourself and your values.



SPIRITUAL PRACTICES

Maintain or adopt [spiritual practices/rituals](#) around the holidays that your household can still participate in (e.g., watching a service together, opening presents, playing games). Be intentional about breaking monotony and creating meaningful, [awe-filled moments](#).



LOSS AND GRIEF

Approach [feelings of grief, loss, and disappointment](#) with compassion and grace. There may be moments when you don't know whether to laugh or cry. Try a bit of both. Use mindfulness techniques to [check in with your body](#) and [manage your emotions](#).



SUPPORTIVE ROLE

Support your children and youth by helping them [cope with uncertainty](#), [regulate anxiety](#), and [cultivate patience](#).



POSITIVE EMOTIONS

Pursue activities that will [boost positive emotions](#) like [joy](#), [gratitude](#), and [humor](#) to release tensions and stress.



GENEROSITY

Keep in mind the marginalized. Make sure to spend some time and effort to extend compassion and joy to others beyond those closest to you.