



TOCC Times

Turkey Week

What you'll find:

Holiday Safety **P.1**

Mon, Tue **P.2**

Wed, Thurs, Fri **P.3**

“Stay Home, Stay Safe”

Make sure to always take measures for your safety and the safety of others.

1. Wear a mask
2. Wash your hands
3. Socially distance
4. Avoid crowds

Here are a few other tips to stay safe during the holidays

1. Get your flu shot
2. Start quarantining
3. Quarantine upon arrival & get tested if you can
4. Wear a mask
5. Have your celebrations outside
6. Open windows, if you cant have your celebration outside
7. Avoid inviting strangers, keep your circle small
8. Check CDC recommendations for latest information

Travel Considerations

If traveling this holiday season, consider the mode of transportation (plane, car, bus, train), the dates you will be traveling, and your risk to COVID-19 exposure while traveling. Carry a small personal sanitizing kit that contains hand sanitizer, disinfecting wipes, and extra masks.

Driving your own vehicle will reduce your exposure to COVID-19. If you need to use commercial or public transportation, be aware of and try to avoid the busiest travel times. Also, reconsider travel during the holiday season and consider holding special remote gatherings or small gatherings at home.



Overnight Guests

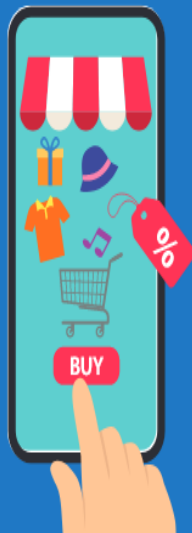
If you plan to have or be an overnight guest, the host and guests should communicate about what is expected ahead of time.

Identify a room where an individual can isolate should they develop symptoms or test positive whilevisiting. Make sure everyone understands the importance of wearing a mask and social distancing. Ensure that soap and sanitizer are available, and clean frequently touched surfaces.



Holiday Shopping

Consider alternative ways to purchase gifts other than visiting stores in person, where possible.



Stay home if you have tested positive or have symptoms of COVID-19, which can include fever or chills, cough, shortness of breath, or other symptoms.

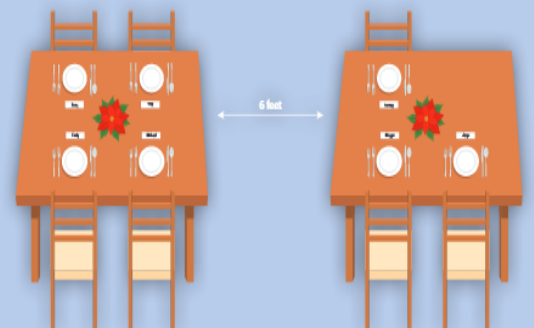
Lower Risk. Consider shopping online.

Medium Risk. If you choose to shop in-person, wear your mask and maintain 6 feet of distance between you and others. Try to shop at off-peak times when there are fewer shoppers.

Higher Risk. High-risk activities include in-person sale promotions or holiday activities that encourage large crowds and lining up for limited supply deals, which make social distancing a challenge.

Holiday Meals

- Limit the number of people for which social distancing is possible before, during, and after the meal.
- Consider single-use disposable utensils and dishware for serving and eating meals.
- Wash and disinfect guest areas before and after holiday gatherings.



MOTIVATION MONDAY

Watch "Want to be happy? Be grateful"

https://www.ted.com/talks/david_steindl_rast_want_to_be_happy_be_grateful/up-next?language=en

TRY IT TUESDAY

Motivation Monday

The one thing all humans have in common is that each of us wants to be happy. And happiness, is born from gratitude. An inspiring lesson in slowing down, looking where you're going, and above all, being grateful.

TRY IT TUESDAY

We're back with our gratitude journal. During this week of thanks, it would be a great time to break out the gratitude journal and find our own happiness during these stressful holiday times.

TOCC Wellness Gratitude Journal

Date: __/__/__

Morning Journal:

Today, I am grateful for:

How will I make today awesome?

Positive affirmations:

What will I accomplish today?

Evening Journal:

Today's amazing moments were:

How could I have made this day even better?

Whose day can I brighten tomorrow?

Game plan for Tomorrow:

I am currently feeling:



WELLNESS WEDNESDAY

Holiday Stress Relief

1. Talk calm-down breaks
2. Put on rose colored glasses
3. Get moving
4. Go for real foods mostly
5. Take polite portions of "comfort" foods and drinks
6. Prepare "Nice To Do For Me" & "Need to Do For You" lists
7. Be generous with loved ones (not financial)

For the full article on holiday stress relief visit:

<https://www.psychologytoday.com/us/blog/smart-habits-highly-successful-people/200912/7-tips-relieve-holiday-stress>

THERAPUTIC THURSDAY



FITNESS FRIDAY

Roll the Dice

Roll the dice and challenge yourself with a workout right now!

https://community.virginpulse.com/exercise-dice?utm_campaign=NUR-2020-Wellbeing-Engagement-Campaign&utm_medium=es-3&_hsmi=95906931&_hsenc=p2ANqtz--bUVVXX4EjZ-V6Rr1mIgoCAPau3RPHJrnsD0-gGIZM7IGM5QEBact4t1pWSPFpR1ajY0DFmq40j-xXXHXL3ralxZMNDw&utm_source=email

WELLNESS WEDNESDAY

This great article gives suggestions on how to help teens positively grow into healthy adults

THERAPUTIC THURSDAY

Enjoy your Thanksgiving!

Fitness Friday

Get active while eating all those leftovers. Click the link and roll the dice on this workout!