“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 can’t 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 sanitizers, 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 while visiting. 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 dishesware for serving and eating meals.
- Wash and disinfect guest areas before and after holiday gatherings.
TOCC Wellness
Gratitude Journal

**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: 😊😊😊

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**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.

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](https://www.ted.com/talks/david_steindl_rast_want_to_be_happy_be_grateful/up-next?language=en)
Holiday Stress Relief

1. Talk cam-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:

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&_hsimpws=95906931&hsenc=p2ANqtz--bUVVXX4EjZ-V6Rr1mIgoCAPau3RPHJmsD0-gGIZM7iGM5QEBAct4t1pWSPFpR1ajY0DFmg40j-xXXHXL3ralxZMNDw&utm_source=email