



# Holiday Resource Guide 2020

## HHS REGION 7

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*The following interactive PDF contains a compilation of resources for celebrating safely this holiday season. Please continue to follow all CDC guidelines as they are updated.*

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 = *clickable content*



## WHAT DOES THE CDC SAY?

“ *As cases, hospitalizations, and deaths continue to increase across the United States, the **safest** way to celebrate the winter holidays is to celebrate **at home** with **the people you live with**.*

*Gatherings with family and friends who **do not** live with you can **increase** the chances of getting or spreading COVID-19 or the flu.* ”



Resource | [Holiday Celebrations and Small Gatherings](#)

### Sub-Topics



- [Considerations for Small Gatherings](#)
- [Who should avoid in-person celebrations](#)
- [Considerations for Hosting or Attending a Gathering](#)
- [Steps to take if exposed to COVID-19 during a holiday gathering](#)
- [Holiday celebrations](#)

### State Health Guidelines



# GRIEF AND LOSS IN 2020



This year's holiday season will be a difficult one for many this year due to lives lost to COVID-19. In addition, characteristics of the pandemic have made the grieving process more difficult, including social isolation, the need to quarantine hospitalized patients, leaving families unable to say goodbye to loved ones, and disruptions to mourning rituals.

The following resources will aid in approaching these issues in the context of the holidays.

## Resources

- [Responding to COVID-19: Grief, Loss, and Bereavement](#) (MHTTC Network)
- [Childhood Traumatic Grief: Information for Parents and Caregivers](#) (National Child Traumatic Stress Network)
- [Grief During the Holidays](#) (Vitas Healthcare)

## Three C's for Holiday Grief (Hospice Foundation of America)

**C**hoose.  
**C**ommunicate.  
**C**ompromise.

## Providers' Corner

### Grief Fact Sheets (MHTTC Network)

- 1 [Introduction to the Fact Sheet Series and Defining Grief](#)
- 2 [Responses to Grief Across the Lifespan](#)
- 3 [Preventive Strategies and Protective Factors](#)
- 4 [Cultural Responsiveness](#)
- 5 [Evidence-Based Treatments for Grief](#)



## Resources

- [How to Cope With the Holidays](#) (First Call)
- [Covid Holiday Concerns Addressed](#) (One for All MO)
- [Recovery During the Holidays](#) (Great Lakes ATTC)
- [Stress, depression and the holidays: Tips for coping](#) (Mayo Clinic)
- [When the Holidays Are Stressful: Taking Care of Yourself During Breaks](#) (Missouri Partners in Prevention)

### APA TIP — [Making the Most of the Holidays](#)

*No Christmas, Hanukkah, Kwanzaa or other holiday celebration is perfect. View inevitable missteps as opportunities to exercise your flexibility and resilience. A lopsided tree or a burned brisket won't ruin your holiday — it will create a family memory. If your children's wish list is outside your budget, talk to them about realistic expectations and remind them that the holidays aren't about expensive gifts.*



[Gratitude Journal: A Collection of 67 Templates, Ideas, and Apps for Your Diary](#) (Positive Psychology)



[Seasonal affective disorder could be worse than ever this year — here's how to cope](#) (CBS News)

## Providers' Corner

### SAMHSA TIP — [Recognizing Holiday Triggers of Trauma](#)

“During the holiday season, the need for a **trauma-informed approach** is critical. Everywhere we turn, we're reminded that it is supposed to be “the most wonderful time of the year.” While for some that may be true, yet for others the holiday season is wrought with triggers such as songs, scents, and rituals.”

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## CELEBRATING VIRTUALLY

“ Amid the COVID-19 pandemic, it’s important to keep up social distancing, even during the holidays. Understandably, this can be very disheartening — especially for children who are used to looking forward to time off from school, spending more time with their friends, or going to Grandma’s.

However, **social distancing doesn’t need to mean spending the holidays without your family** — and it certainly doesn’t mean that the season will come without the **holiday spirit**. ”

— [Social Distancing Causing The Holiday Blues? Stay Safe Without Losing The Holiday Spirit \(Children’s Omaha\)](#)



### Getting Started



[Tips on how to decline holiday invitations during COVID-19 \[Video\]](#)  
(UNMC)



[How to Use Zoom to Stay Connected During the Coronavirus](#)  
(AARP)



[How to host a virtual holiday party \[Video\]](#)  
(Omaha World-Herald)



# CELEBRATING VIRTUALLY



## Getting Creative

- [22 Virtual Christmas Party Ideas in 2020](#) (Museum Hack)  
*Games, playlists, and more!*
- [32 Fun Virtual Holiday Party Ideas in 2020](#) (TeamBuilding.com)  
*Adapt these ideas for family gatherings!*
- [Holiday Guide](#) (Ohio Department of Health)  
*This inclusive guide provides ideas for holidays through the end of January!*

## For Families

### [Safe Holidays: A Weekly Series \(Connecticut Children's\)](#)

*Connecticut Children's is sharing weekly ideas to make the season special, and help kids feel connected to loved ones they can't see during quarantine. Follow the link for Week 1, then navigate through each successive week or sign up for weekly emails.*

## For Adults

### [A Season of Good Health: Tips for the Holidays in the Pandemic \(Emerson Hospital\)](#)

*While the safety precautions this season may suggest a rather glum holiday season, here are some things you CAN do to celebrate the holiday season in joyful, meaningful ways.*

## Other Resources

- [Celebrating the Holidays During COVID-19](#) (Children's Mercy Hospital, Kansas City)
- [Holiday Season Safety Tips](#) (Iowa Department of Public Health)
- [Guidance for Celebrating the Holidays](#) (Kansas Department of Health and Environment)
- [Coping with Stress and Staying Connected](#) (Virginia Department of Health)

