



Emotional wellness during the holidays with COVID-19

Do you know how to manage your emotions during the holidays?

The holidays can be hard. They are really hard during COVID-19. The need to stay at home and limit contact with others is important right now. That can be lonely and isolating. Loneliness can take a toll on both our mental and physical health.

Here are some tips for dealing with the holidays:

- **Reach out virtually**—A smartphone or computer can be a lifeline for social connection. Call, text, or video chat with friends and family. Older relatives especially may feel cut off and will value your call.
- **Take care of your health**—When you're stuck at home, it may be easy to spend a lot of time sleeping, snacking, or watching TV. Try to stay on a normal routine. Get up and go to bed at your usual times. And remember to eat healthy foods and be active.
- **Look for ways to help**—Being a helper can keep you connected to others. Websites like Nextdoor can be a source of information about neighbors who need support. For example, older adults in your area might need basic supplies or simply someone to check on them. Just take precautions, like keeping your distance from others and washing your hands well after you go out.
- **Get money off your mind**—Money problems are a leading cause of holiday depression. Focus on the spirit of the season.

Get help if you need it. Seek out family or friends for support.

Want to learn more? Go to www.healthwise.net/MagellanHealth and search for "holidays" or "COVID-19."