Managing the Holidays Amidst a Global Pandemic

Since the beginning of the COVID-19 pandemic, holidays, special events, picnics and celebrations have changed dramatically. For many people, this is the first time they have been confronted with empty chairs at the table because loved ones cannot, or are unwilling to, attend family gatherings. Cherished traditions and religious events may have been canceled due to the virus, with no clear end in sight to social distancing restrictions. People who live alone or far from family, or who have lost loved ones, may find holidays especially difficult.

These changes can trigger a variety of emotions, from grief to guilt or anger. Holidays may not be the same; however, there are various ways to find peace and moments of joy.

We encourage you to use these resources and share with others.

Information and resources

- Visit our Holiday Emotional Wellness During COVID-19 webpage for event updates, downloads and more.
- Follow us on LinkedIn, Twitter and our MY LIFE Facebook page for more information and tools.
- Check out our Magellan Health Insights blog for posts throughout November and December.

Free, virtual Magellan events

Nov. 18, 2020, 2:00 - 3:30 p.m. ET, eMpowered for Learning webinar, Engaging families as partners, Part 1
  o Presenting: Pat Hunt, FREDLA executive director
  o Register here, and stay tuned for more details on continuing education credits in the eLearning Center "New and upcoming" announcements

Dec. 2, 2020, 2:00 - 3:30 p.m. ET, eMpowered for Learning webinar, Engaging families as partners, Part 2
  o Presenting: Pat Hunt, FREDLA executive director
  o Register here, and stay tuned for more details on continuing education credits in the eLearning Center "New and upcoming" announcements

Dec. 3, 2020, 2:00 – 3:00 p.m. ET, Emotional wellness during COVID-19 and the holidays
  o Moderating: Caroline Carney, MD, MSc, FAPM, CPHQ, Magellan Health chief medical officer
  o Presenting: Candice Tate, MD, MBA, Magellan Healthcare medical director; and Barbara Corn, Magellan Rx vice president, physician and clinical operations
  o Register here

Dec. 10, 2020, 3:00 - 3:30 p.m. ET, Twitter chat, Coping with the holidays during COVID-19
  o Special guest: Shareh Ghani, MD, Magellan Healthcare medical director
  o Find details, including the discussion questions and how to participate here, about a month before the event.