

Navigating Holidays During Uncertain Times

Make the Most of Your Holidays

The coronavirus pandemic is part of our everyday life now, which means the holidays may be a little (or a lot) different again this year. But it doesn't mean that they need to be cancelled. Here are some tips.

- Acknowledge that this year may not look like previous years, and that's okay. No one should feel pressure to match elaborate dinners or big feasts as in years past.
- Focus on the things you can do. Which elements of your holiday celebrations are the most important to you and your family or group of friends? This might mean fixing one or two favorite recipes. Or trying a completely different, nontraditional menu.
- There's no shame in buying store-bought foods if it makes life easier.
- Instead of halving recipes for your smaller gathering, make the same amount as usual and enjoy the leftovers.
- Host a virtual dinner with friends and family. Pick a time that works for your guests and then choose a virtual platform like Zoom or FaceTime to connect with everyone.
- Send special gifts and cards to be opened virtually. Schedule a call or video gathering to be able to share those special moments.

If you're feeling the holiday spirit, you can still make this time of year special, even while keeping safe.

非常時期平安過年節

充份善用節慶

與流行的新冠病毒共存，已是我們日常生活一部分。這意味著今年的節慶可能再次會和以往有些或非常不同，但這不等於乾脆取消算了。這裡，我們分享一些小技巧如下：

- 坦然接受今年節日可能不同以往，乃無可厚非。今年的節日大餐不需要、也不能像過去一樣精心設計而隆重非凡，每個人都無需為此內疚。
- 專注於您能做到的事。您通常的節慶拿手好戲中，哪幾個是您家人或朋友們最喜愛的？也許這意味著您只要稍微改動其中一兩道菜就好啦，或者，嘗試做幾道顛覆傳統的花式菜。
- 在店裡買些現成食物，讓日子過得簡單點，這可沒什麼好難為情的。
- 今年客人少，要不要把往常菜單的量減少一半？不，就按原來的做！接下來吃吃剩菜不也有滋有味嘛。
- 舉辦一個遠距節日餐會。挑個適合您客人”大駕光臨“的時間，再選一個虛擬平台如Zoom或Facetime，賓客在此盡歡。
- 郵寄給親友特殊卡片或小禮物，然後選好時間，大家在視頻或電話裡一起打開禮物，照樣共享特別的溫馨時刻。

總之只要能感受到節日精神，在保證安全的同時，您還是可以創造出一年裡最獨特的時光。



Managing Holiday Blues

While the holidays can bring joy to many, they can also bring feelings of anxiety and sadness to others. Extra stress, unrealistic expectations or even sentimental memories can be a trigger for holiday blues. Don't let the holidays become something you dread. Here are a few tips to help you cope.

Acknowledge your feelings. If you have experienced loss, or can't be with loved ones because of the pandemic, it's normal to feel sadness and grief. It's okay to cry or express your feelings.

Reach out. If you feel lonely, seek safe community, religious or other events to spend time with supportive, caring people.

Eat and drink in moderation. Don't drink alcohol if you are feeling down.

Get exercise. Even if it's only taking a short walk.

Get enough sleep. Make a to-do list. Set reasonable expectations and goals for holiday activities such as shopping, cooking and entertaining.

Don't overextend yourself financially. Before you go gift and food shopping, decide how much you can afford to spend, then stick to your budget.

Be realistic. The holidays don't have to be perfect. As families change and grow, traditions often change. Find new ways to celebrate together, such as sharing pictures, emails or videos. Set aside differences. Try to accept family and friends as they are, even if they don't live up to your expectations.

Take a breather. Find something that reduces stress by clearing your mind, slowing your breathing and restoring inner calm. Try taking a walk, listening to music, or reading a book.

管理好節日憂鬱

節日固然帶來快樂，但有人卻因此焦慮和悲傷。比如，額外的壓力，不切實際的期望，甚至是多愁善感的回憶，都會誘發節日憂鬱症。如果您害怕節日，希望以下一些小建議可以幫到您。

接納您自己的感受乃合情又合理。如果您經歷過失去親友的痛苦，或者因為疫情而無法和親人團聚，節日期間您覺得悲傷或難過，是很正常的。那麼，哭一會吧，或者，找人傾訴一下。

坦然伸出求援的手。如果您感到孤獨，去尋求安全的組織，比如宗教機構或其他情感支持團體，與那些關心您、支持您的人共渡難熬時刻。

飲食適度。沮喪時可別喝酒啊。

鍛鍊身體，哪怕僅僅走一小段路。

保持充足睡眠。訂定一個辦事清單，為購物、烹飪和娛樂等節日活動指定合理期望和目標。

不要過度消費。購物之前，估量一下自己的經濟能力，把支出限制在預算中。

面對現實。節日無需完美。隨著家庭的變化和擴展，節慶的傳統內容和儀式往往發生了變化。因此，想辦法尋求新途徑與親友共慶節日，比如，分享照片、郵件或視頻等。摒棄分歧——即使家人或朋友的現狀沒有達到您的理想值，您也要嘗試接受。

深呼吸。找些減輕壓力的事做做，以便放空v 大腦，同時緩緩地一呼，一吸，恢復內心的平平靜。散步、聽音樂或看本書，都不妨試一試。