

# How to Have a Holly Jolly Holiday in 2020



The COVID-19 pandemic has made the holidays even more stressful than usual. Being away from family and friends during the holidays can be hard, so here are some ideas to help make the season at least a little bit brighter.

## Virtual movie night.



Set up a laptop or tablet and watch your favorite holiday movie with your family and friends using Zoom or Facetime. Google Chrome also offers “Teleparty” as a way to watch together. To learn more, visit [netflixparty.com](https://netflixparty.com).

## Dine with technology.



Use an online meeting platform like Zoom, Skype, or Facetime to connect and share a meal with family and friends. Place a laptop or tablet at one end of the holiday table to share a meal. Best part is more pie for you!

## Funny photo contests.



Ugly sweaters. Goofy faces. Silly hats. Have each member of your family, all your co-workers, neighbors and friends take funny photos of themselves and share them to a group chat or via email. Vote as a group to pick a winner.

## Send e-gifts.



Online gift cards and gift certificates are easy to purchase and require no delivery. Consider giving the gift of knowledge with an online class or subscription to an online learning company like Masterclass or Udemy. Maybe even enroll together.

## Cookie exchange.



Make a batch of your favorite cookies and ask others to do the same. Send the boxed cookies to each other via mail or delivery service to experience the home-cooked joy of the holidays.

## Take a light drive.



Drive around your neighborhood at night and hunt for homes with the best holiday lights & decor. Keep a photo journal and share your discoveries on social media - encouraging others to also visit these decked-out dwellings.



## remember: practice good self-care.

Doing what's best for you includes eating healthy foods and getting enough sleep. Take care of your body and stay active to lessen fatigue, anxiety, and sadness. Reach out to family and friends and don't be afraid to talk about your feelings. Remember: Hard choices to be apart this year may mean that you can spend many more years with your loved ones. And don't forget to BREATHE!