

# Safe Ways To Celebrate The Holidays

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During any typical holiday season everyone is spending time with all of their family members having fun parties and get togethers from Thanksgiving to the New Year.



However, 2020 is not a typical year and the holiday parties have quickly become dangerous and unsafe which hold possible exposure to Covid-19. It is truly heartbreaking that we all cannot meet up with all of our family and friends, but

this does not mean that you cannot still find safe ways to celebrate the holidays this year.

It is highly recommended that this holiday season you only spend time with your immediate family and the ones that you live with. Just because you cannot have big celebrations with your extended family doesn't mean that you can't have tons of fun staying at home with the ones you live with. Easy ways to have fun with your family at home is to find activities that are fun and keep you busy. Activities such baking cookies, or playing board games, and having movie marathons. These little activities that you can do with your immediate family are fun and will definitely make this holiday season one to remember.

If you still want to see your family and friends this holiday season in a safe way, apps such as HouseParty, FaceTime, and Zoom are great ways to meet with your family and friends virtually this holiday season. These apps are a great way to see and talk to your friends and family without meeting together. Although it may not be as enjoyable as getting together with everyone, speaking



from personal experience these apps are a great alternative and still make the holidays fun and memorable.

Other safe ways to celebrate the holidays this year while staying inside away from possible exposure to Covid-19, is to decorate for the holiday season. As we all are stuck inside decorating for the holiday season, putting up a Christmas tree and lights will raise your spirits. Many Psychologists and Therapists such as Psychologist Deborah Serani, who attended Hofstra University recommend putting up decorations for the holidays because it will make you happier, and it is for sure we could all use a little more happiness this holiday season!

However you may celebrate the holidays this year make sure to do it in the safest way possible! If you are going out to get gifts and shop, make sure to follow the recommended safety precautions, wear a mask, social distance, and wash your hands frequently. However, if you still have shopping to get done try and buy online if possible to stay safe! Hopefully we can meet with all of our family and friends next year, but for now have a happy and safe holiday season!