

COVID-19 Wellness Calendar



December 2020

MON	TUE	WED	THU	FRI	SAT	SUN
	1	2	3	4	5	6
← Enjoying the Festive Season →						
7	8	9	10	11	12	13
← Enjoying the Festive Season →						
14	15	16	17	18	19	20
← Enjoying the Festive Season →						
21	22	23	24	25	26	27
← Enjoying the Festive Season →						
28	29	30				
← Enjoying the Festive Season →						

Enjoying the Festive Season

For this month's theme, we have provided you with a short video called "Holiday Season Intention Meditation" by Heidi Hanna. Meditation can help you live in the moment without distractions, reduce binge-eating and increase relationship harmony. It has also been shown to reduce stress and could help you have a healthier and happier holiday. You can access the video here:

- [Holiday Season Intention Mediation](#)

In addition to the meditation video, we also have the following resources available for you:

- [Ho-Ho-Hold the Holiday Stress](#)
- [How to Manage Holiday Stress During Covid-19](#)
- [How to Talk to Your Family About Holiday Plans During Covid-19](#)
- [2020 Holiday Budget Guide \(Word\)](#)
- [2020 Holiday Budget Guide \(Excel\)](#)

Please remember that you are not alone during this time. Reach out to family, friends, co-workers, your supervisor or any leaders within the organization as we are here to help. You can also speak to our EFAP provider:

Workplace Options EFAP

(Canada)

- Call 1-877-847-4525
- Email support@resourcesforyourlife.com
- Visit <http://ca.resourcesforyourlife.com>
- COMPANY CODE: BMWeCare
- Download the 'ICONNECT YOU' app from the App Store or Google Play PASSCODE: 149301

AlternativesEAP

(United States)

- Call 1-800-466-8282
- Access Code 8282
- Visit www.AlternativesEAP.com
- Download the 'Alternative EAP' app from the App Store or Google Play

Contact your Regional HR Partner for more support.

Black & McDonald has launched a **new COVID-19 website**, <https://blackandmcdonaldhealth.com> for our employees.

Please visit the website for up-to-date information on COVID-19, all staff messages from our CEOs, and variety of resources to support the health and wellbeing of our employees.

Lean more about this theme [here](#).