



# Enjoying the Festive Season

While we're all hoping to celebrate our holiday traditions as normally as possible this year, the 2020 festive season is bound to look very different in the wake of the coronavirus pandemic. Holiday planning can be stressful at the best of times, but Christmas 2020 is sure to bring additional challenges. Of course, the pandemic doesn't have to stop your family from having a fun and fulfilling holiday, but balancing traditional festivities with social distancing can be stressful. Please always refer to provincial and state health authorities for the latest guidelines for social/family gatherings and events.

This theme will provide you with a spending guide and holiday budget planner, tips on how to talk to your family about your holiday plans during Covid-19, and ways in which you can help prevent and fight off that additional stress and concern.

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 Meditation](#)

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.

Access your EFAP 24/7 by phone, web or mobile app:

## Canada:

- Call 1-877-847-4525
- Email [support@resourcesforyourlife.com](mailto: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

## United States:

- Call 1-800-466-8282
- Access Code 8282
- Visit [www.AlternativesEAP.com](http://www.AlternativesEAP.com)
- Download the 'Alternative EAP' app from the App Store or Google Play