

FOR IMMEDIATE RELEASE

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Creative New Ways to Celebrate

The holidays are upon us and 2020 is coming to an end. I know many people are wanting to celebrate for a variety of reason. No matter if you are celebrating a holiday, the end of the year, or the fact you still are in one piece after a crazy year, most of us will be celebrating in a different way than we usually do. Holiday gatherings and New Year's Eve parties with people who are not members of your immediate household are being discouraged this year. Just because we need to celebrate extra safely this year does not have to be a bad thing.

Celebrate anything to boost your spirits

Many of us are focused on what we cannot do this year. As the holidays come around, think of all the thing you can do with the extra time you have. Is there one particular part of the holidays you wish lasted longer? If so, spend more of your time focused on it. If you are like me, the decorations usually go up the same way every year. Take some time to rearrange your decorations. Additionally, there are a lot more activities you can do from a safe distance. For example, go for a drive looking at all the holiday lights and decorations.

Keep your traditions

Keeping with some holiday traditions we always do might restore some sense of normalcy. Almost everyone has traditions and routines they do between Thanksgiving and the start of the new year. Many of these traditions are personal or only include close family. Stick to these traditions and routines. A tradition many families have involves cooking holiday goodies. If cooking is your tradition too, stick to it. If you skipped any other holiday traditions, celebrate them now. For example, New Years is the perfect time to set off fireworks you may still have in the house from 4th of July.

Connect with family and friends virtually

The hardest part about the holidays this year might be missing your family and friends. Instead of being with them in the same room, try Zoom. I know it is not the same. At the same time, you will still get to see and talk to each other. Plus, you will have the additional benefit of knowing you are keeping each other safe.

Go with the theme of the year

If 2020 had a theme, what would it be? Depending on who you ask, you might get a number of answers. I prefer to think this year taught us how to be creative and innovative. Why not finish out the year holding holiday parties reflecting what we have experienced throughout the year. After all, a number of people and places are already doing things a little differently. Some examples already happening are virtual visits with Santa, Zoom choir concerts and theater, socially distant holiday parties with coworkers, drive-in movie theaters screening holiday movies, etc.

I wish you all a safe and happy holiday season and a wonderful 2021!

Please contact me to schedule an appointment or for more information, contact Tyler Johnson, tajohnson120@ksu.edu, or by calling 620-232-1930.

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