



Health Matters Well-Being Toolkit: Healthy Holidays at Work

Get creative to plan festive and safe holiday activities for your workplace.

TIS THE SEASON

Tis the season for holiday parties, gift exchanges, and cookie swaps. Holiday traditions in the workplace can be just as strong as the treasured traditions we have at home. Unfortunately, due to the COVID-19 pandemic the CDC recommends modifying holiday plans to reduce the spread of the virus. This means many of our favorite holiday activities will need to be altered to keep our colleagues and workplaces safe.

“This holiday season, consider how your holiday plans can be modified to reduce the spread of COVID-19 to keep your friends, families, and communities healthy and safe.”

-Centers for Disease Control and Prevention

ADJUST YOUR EXPECTATIONS

One of the most important things you can do this holiday season is to adjust your expectations. Understand and accept that this year is going to look different. The good news is that different does not necessarily mean “bad” and it might even be easier to make your holidays a happy, lower-stress time.

GET CREATIVE

After nearly nine months of change, we are well-versed in adapting our in-person activities to a digital world. See the ideas below for a little inspiration to help with planning some virtual holiday activities for your workplace.

- **Send season’s greetings.** Make a creative holiday card by taking a photo of your department in the gallery view of Zoom/WebEx. Add text and festive details to make a digital holiday card to send to other departments and colleagues.

- **Deck the halls...and backgrounds:** Have a door or cubicle decorating contest for the office. If some or all your team is telecommuting, you can have a Zoom/WebEx background decorating contest.
- **Do a virtual secret Santa:** Change your regular gift exchange into a virtual secret Santa. Enter the names of all those who want to participate into a [Secret Santa Generator online](#), set limits on your exchange (a \$5 to \$10 limit, for example), and make sure gifts are delivered with no contact by an agreed-upon deadline.
- **Show off your festive holiday gear virtually.** Turn your ugly sweater contest into a virtual competition over Zoom or WebEx. Encourage everyone to wear their most festive holiday attire!
- **Swap recipes instead of baked goods.** Hold off on the cookie swap this year and have a no-contact virtual recipe swap instead. Share your favorite holiday recipes (*and maybe some healthy ones for the new year too*) and then report back on how they turned out.
- **Give back and feel good.** Organize a giving initiative so those who want to can contribute items, toys, gift cards, or donations to a local charity or non-profit.

RESOURCES

- <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays.html>
- [Keeping the Holidays Healthy and Happy by ComPsych Guidance Resources®](#)
 - Visit guidanceresources.com, click the Register tab, and enter your Organization Web ID: SOIEAP