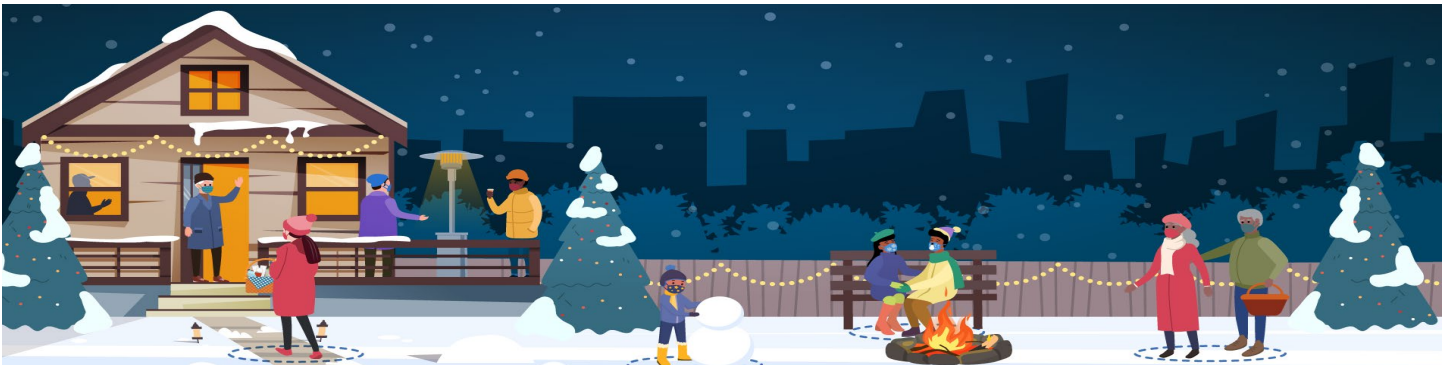


# From the AACMS Health Room



## HAPPY HOLIDAYS!

What a year 2020 has been! I'm sure many of you are more than ready to welcome a new year! With a vaccine in sight, we are starting to see the light at the end of the tunnel. For now, here are a few more healthy reminders and tips for celebrating the holidays. Wishing you all safe and joyous holidays full of new traditions and a very healthy, and happy new year. Enjoy the break, you all deserve it!

Nurse Andrea

Andrea L. Angstadt, RN BSN CSN  
School Nurse AACMS  
610-351-0234 ext 517  
AAngstadt@arts-cs.org

## CELEBRATING WINTER HOLIDAYS

The safest way to celebrate winter holidays is at home with the people you live with. Here are some ideas for celebrating the winter holidays safely. Be sure to share your alternative holiday activity photos!

### Host a virtual celebration with friends and family

- Eat a meal together virtually
- Host a virtual "ugly" sweater contest.
- Throw a virtual dance party or sing-a-long
- Have a virtual New Year's Eve countdown
- Host a virtual watch party of your favorite holiday movie

### Gather virtually for a gift exchange or other activity

- Meet virtually to open gifts together
- Build gingerbread houses, decorate cookies, or make holiday decorations/crafts

### Decorate for the season

- Decorate or create a winter holiday scene and take family photos at home
- View community decorations from a safe distance. Visit a local drive-through holiday light display.
- Make crafts, cards, or cookies to send or deliver to family and friends in a way that does not involve contact, such as mailing them or leaving them at the door.

### Enjoy the winter weather

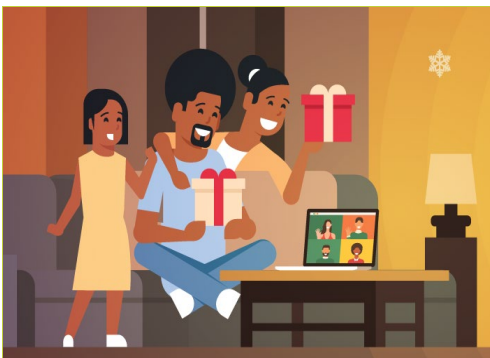
- Hold a snowman or snow angel contest with neighbors
- Build a snow fort

### Volunteer and help others in need

- Reach out to your local community service organization to get involved and give back. Make sure to ask about their safety precautions in advance.

### Attend a religious ceremony

- Attend virtual or drive in worship services



## Mask Wearing in Winter

The CDC recommends that people wear masks both indoors and outdoors in public and when around people who don't live in your household. Not only will wearing a mask help protect you and others but it will also help keep your face warm from the cold! Here are some additional mask wearing tips for winter:

- ❖ In cold weather, wear your mask under your scarf, ski mask, or balaclava.
- ❖ Keep a spare mask in case your mask becomes wet from moisture in your breath or from snow or rain.
- ❖ Don't forget to wash your hands before putting on your mask! Wash hands often for at least 20 seconds.



## HOLIDAY STRESS RELIEF

The holidays are supposed to be a time of joy, celebration, and relaxation. Be sure to take some time for yourself over break to unwind!

- Put in a little extra work before and after your vacation in order to enjoy your time off.
- Find ways to relax. Take deep breaths, stretch, or meditate. Try to do activities you enjoy, like exercising, gaming, reading or other hobbies.
- Stay connected to family and friends via virtual meetings
- Say “no” when you need to. Take 10 minutes of quiet time to yourself.
- Prioritize. Honor your most valued traditions. Create new traditions with people in your home.
- Enjoy foods you love! Balance healthy food and treats. Order takeout from your favorite restaurant. Share cooking responsibilities, everything will taste better!
- Have an attitude of gratitude. It has been linked to greater stress tolerance and better sleep.
- Give the gift of kindness- help and include others. Make it about fun instead of buying gifts.
- Relax, breathe, and enjoy!

### This Holiday Season Do What's Best for You and Your Loved Ones

Being away from family and friends during the holidays can be hard. When you talk with your friends and family about plans, it's okay if you decide to stay home and remain apart from others. Do what is best for your health and the health of your loved ones. This year spend time with those in your own household. Hard choices to be apart this year may mean that you can spend many more years with your loved ones.

### Recipe for Resilience

7 ½ hours of sleep

10 minutes of quiet time

25 minutes of exercise

2 acts of generosity

1 cuddle with cat or dog (optional)

3 dollops of joy

Blend evenly & enjoy frequently  
Take daily for long-term benefits.