

Home for the Holidays

Practical Tips for 2020



2020 has been a journey and a challenge and it is important to take some time for yourself this holiday season.

Take Care of Yourself

- Acknowledge that the holidays this year will be different and they might be tough.
- Decide which traditions you can keep and which traditions will need to change.
- This is a great year to create a new tradition.
- Talk to the people you normally spend the holiday with and find safe ways to connect.
- The holidays are especially tough, so this may be the time to reach out and talk to someone.
- Be nice to yourself. If you always have the perfect tree, perfectly wrapped gifts, and perfect table, and its not happening, accept that this year may not be perfect and that is okay. This year is different, so be good to yourself.
- Stay connected. Call a friend or family member you normally see during the holidays and catch up. Use technology to send an email, do a video call, or text a story, photograph or recipe. Write a letter to someone you wish you were doing dinner with this year.



The PPACG Area Agency on Aging:
Your first call for senior services
(719) 471-2096 or seniorinfo@ppacg.org

Caring for the Caregiver

Practical Tips for 2020



Redefine the holiday season while caregiving during this pandemic with these gifts for yourself:

Joy – give yourself a break from all the media hype. Set your own standards about what brings you joy, not what Pinterest or Facebook tells you to decorate or buy.

Peace – choose one holiday thing that makes you heart happy instead of trying to get ALL the traditions done. Less “do” and more “experience” will bring a sense of peace and calm.

Love – use the gift of time to talk with friends and loved ones (Zoom or Marco Polo apps have free options). You can still create memories that will stay with you for years without risking exposure to others.

Grace - give yourself grace. This is a new and unique experience for everyone, but especially caregivers. COVID has shifted the way we interact with others, take time for yourself to recharge and regroup.

Rest - Remember to breathe. Take a few moments every day to focus on your breathing, and pay attention to your body.

Grow - Start a “new” tradition. Every one of your current traditions had a starting point. Find a new activity for this year you can do that will bring you joy and be the start for a NEW tradition.

Celebrate - The Holiday season is made up of moments we spend with family and friends to connect and share our love. This year those moments will come in phone calls, texts, emails, social media posts, holiday cards with written heartfelt thoughts and other expressions of love.

Ask for help. Whether you need to vent, cry or just want to talk with someone, remember it is ok to ask for help and accept help when offered.