

## Fighting Loneliness and Disappointment This Holiday Season



This holiday season is different for many of us. Typical gatherings and traditions are getting re-scheduled, reimagined, and in some cases, cancelled all together. These realities create disappointment for many of us, but there are resources that can help. **Here is a start.**

**Acknowledge Your Emotions:** It is normal to have moments of sadness, disappointment, and grief. Acknowledging your emotions is a critical step to finding ways to feel more like yourself. Learn to Live offers several tools in various programs that can help. Confidentially and conveniently.

**Connect in New Ways:** Virtual options can be useful to have conversations and moments of connection with family and friends while we aren't able to be together in person. Tools like Zoom, Facetime, or Google hangouts are free resources that may be second nature to you. If you haven't given them a try, now is a perfect time. You may even be feeling "burned out" from virtual connections, but this Holiday season we would encourage you to give it another try. Connecting virtually with those who matter most is better for our emotional health than not connecting at all.

**Begin New Traditions:** If you're staying closer to home this year, consider creating a new activity that has meaning for you and can be done anywhere. Simple ideas that friends and family in various places can all do is a great way to enjoy something new together in these difficult times. **Looking for more ways to work through this year's unique holiday season?** Start a confidential assessment or re-engage with an existing Learn to Live program today.

Visit [learntolive.com/partners](https://learntolive.com/partners) and enter **INTACT1** to get started. If you're already a member, simply sign-in with your username and password.