

Building Resilience During Winter Celebrations

Stress does not have to overshadow joy this year, even during the COVID-19 pandemic. These tips can help you maintain your emotional well-being and keep you and your loved ones healthy in the weeks ahead.

Plan ahead

Managing and avoiding stress is easier when you have a plan. Start by identifying the situations you find most stressful. Then think of ways to deal with the difficulties you can control.

Simplify your commitments

It is okay to say no to invitations. Prioritize the virtual activities you'll enjoy the most, and take time to relax and recover from socializing.

Take care of your body

The season can disrupt healthy habits. Get plenty of sunlight and sleep. Eat healthy foods, exercise, and practice moderation when you celebrate virtually.

Use your sense of humor

Laughter really works. It can relieve pain and stress, relax muscles, and improve your mood—even if it feels forced at first. Try it when things get tough.

Stick to a budget

This time of year can get expensive. Know how much money you can comfortably spend and [stick to a budget](#). Or ask your loved ones to embrace low-cost alternatives like exchanging acts of kindness, making handmade food and gifts, or donating to a charity.

Set realistic expectations

Movies and social media can create impossible expectations. Let go of perfection. Set reasonable goals and know that good enough can be great.

Volunteer your time and talents

Finding virtual ways to help others in need feels good. It can also help you appreciate what you have, and may put your own problems into perspective.

Try to be patient

You can't control how others act during virtual get-togethers, just [how you respond](#). Try to accept people and situations as they are, and remember: they may be stressed too.

Reach out

Everyone feels lonely at times. Reach out virtually to those around you—loved ones, spiritual advisors, coworkers, online support groups. Don't be afraid to talk to your doctor or a mental health professional if your feelings of isolation, anxiety, or depression don't ease. They can help.

You stop the spread

There are many ways to stay connected safely during the COVID-19 pandemic. You can:

- Have a [virtual dinner party](#).
- Plan a group video chat or phone call.
- Play games together online.
- Shop online instead of in person.
- Share movies or music.
- Send a joke, picture, or heartfelt message every day.
- Have a virtual talent show or friendly contest over decorations or costumes.



Put your well-being first

Managing our behavioral health during times of stress isn't easy. You don't have to do it alone.

Talk to someone who understands for free

Use these free resources:

- Call 1-800-273-8255 (TTY 1-800-799-4889)
- Text HOPELINE to 741741

Find the right resources for you

Visit resilient.wisconsin.gov for resources built for you and the challenges in your life.

