

Pandemic-Safe Celebrating & Connecting

I have learned that to be with those I like is enough. ~ Walt Whitman

Connecting with others is important to mental and emotional health, especially during a pandemic. Use your creativity to continue celebrating birthdays, retirements and holidays safely while physically distancing. You can pass along your successes and learnings via social media to encourage others to connect.

Basket of Love: Leave fresh flowers, veggies or groceries on the doorstep of an at-risk person.

Celebration Parades: Decorate your vehicle, wave poster greetings and toss flowers.

Creative Art Group: Collaborate to create music, art and theater using gallery view on video platforms.

Dance Parties on video platforms.

Distant Game Ideas: Water balloons, cornhole, dice games, Pictionary, charades.

Happy Hour Online: Choose a theme for added fun while enjoying your beverage and snacks.

Photo & Video Greetings: Especially lovely for those who are homebound.

Traveling Birthday Card: Each recipient adds a message and passes to the next birthday celebrant.

Window Decorating: Decorate your own or decorate a loved one's window.

Share your pandemic-safe connection ideas for future publications by emailing NuVantage@lssmn.org.

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Restorative Sleep

The best bridge between despair and hope is a good night's sleep. ~ Dr. Matthew Walker

During sleep the brain cycles between deep sleep and dreaming sleep. What each type of sleep contributes to health remains somewhat mysterious. Dr. Diane Roberts Stoler reports that during sleep, the brain works to repair and grow cells, and to support tissues and nerves that regenerate and boost the hormone and immune system. Scientific studies report findings that support a strong correlation between restorative sleep and emotional and physical health.

To support the work of your brain in caring for your emotional and physical health, follow the Center for Disease Control and Prevention tips for better sleep:

- Be consistent. Go to bed and wake up at regular times, including weekends.
- Sleep in a quiet, dark, relaxing room, free of electronic devices.
- Before bedtime avoid large meals, caffeine and alcohol.
- Exercise during the day to help you sleep more easily at night.

Create good sleep habits in your kids.
Search Bedtime Struggle in the
Wellness Resources on **NuVantage.org**.

Get Empowered!
NuVantage counselors will
help you regain control of your life.

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