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Finding joy in the holidays

Holiday celebrations that normally involve gathering together with family and friends may not look the same this year, given the current situation with the COVID-19 pandemic and social restrictions. However, with some modifications, you can still honor holiday traditions, find joy, and experience a sense of connectedness. Try these suggestions to help make the holidays positive and meaningful.

[Find out more >>](#)



Staying well through winter

Winter is coming, and it is shaping up to be



Be resilient this season

For many people, the holidays can be stressful even in normal circumstances. The

much different from usual! In addition to the typical winter health challenges, like cold and flu, winterizing your workout routine, holiday preparations and the stress that comes along with the end of the year, we also have to navigate COVID-19. Have no fear; Health Advocate is here with tips to help you stay well through winter!

uncertainties of the 2020 holiday season and how to cope with social and travel restrictions and other changes, combined with our own expectations, can boost stress levels. These strategies can help you manage common stressors to feel less overwhelmed in the weeks ahead.

[Learn how >>](#)

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Diabetes Awareness Month

Over 34.2 million US adults have diabetes, and 1 in 4 of them don't know they have it. Get the facts on risk factors, prevention and more.
<https://www.cdc.gov/diabetes/basics/diabetes.html>



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