TOTAL WELLBEING NEWSLETTER





Traveling to visit family this year will be difficult, but that doesn't mean you can't still celebrate together! Share recipes ahead of time and host a virtual dinner over Zoom, Skype or Facebook Portal, so you can still spend time with the people you care about most while indulging in a special, home-cooked meal.

Spice up your virtual Thanksgiving dinner by playing a game, toasting with a signature (or any) cocktail and sharing what you're most thankful for this year.

Throw a Thanksgiving Picnic or Backyard Bash

Okay, so if you live in one of the Northern U.S. states, this might be a harder sell, but if the weather is good to us this Thanksgiving, why not celebrate outside? The CDC has said that being outdoors reduces the risk of exposure to COVID-19, and plus, fall foliage makes a wonderful backdrop to your Thanksgiving celebration.

Move what might have been an evening Thanksgiving dinner to brunch or lunch, and you'll get more hours of natural light (and more time to celebrate, of course).





I promise myself that I will enjoy every minute of the day that is given me to live.

- Thich Nhat Hanh

Quotes sourced from Self By Design



November's Book Recommendation

Everything Here Is Beautiful

By Lee, Mira T.

Everything Here Is Beautiful is, at its heart, an immigrant story, and a young woman's quest to find fulfillment and a life unconstrained by her illness. But it's also an unforgettable, gut-wrenching story of the sacrifices we make to truly love someoneand when loyalty to one's self must prevail over all.

Single Servings

Many of our Thanksgiving meals revolve around buffet-style servings that everyone digs into. But more hands on serving ware means more germs. (PSA: Remember to frequently wash your hands!) Instead, pick a designated person or "head chef" to serve up turkey and sides onto individual plates instead of everyone passing around that green bean casserole.

Order Thanksgiving To Go

Many local restaurants and chains have started offering family-size meals to-go, and Thanksgiving is no exception! You'll be supporting your local restaurants and community while saving time and the stress of preparing a traditional turkey meal at home. Check back soon for a list of restaurants serving Thanksgiving meals!

Get Creative With Family-Friendly Crafts and Activities

It's tough being stuck inside, especially with young kids and everyone being under the same roof more often than usual. But there are plenty of ways for the whole family to stay entertained and happy over the holidays. While the adults are preparing the meal, keep the kiddos entertained with crafts, like a paper bag turkey, DIY handprint turkey hat or Thanksgiving wreath. Or create your own Thanksgiving-themed advent calendar with leaves or construction paper where each family member expresses what they're grateful for leading up to the big day..

Decorate Your House in Festive Flair

If the gathering just isn't happening this year, you can still get festive by decorating your house to the max with gourdous fall accents. From fall foliage garlands, dried flowers and colorful maize to knit and plaid home decor, there are a plethora of ways to bring Thanksgiving to life inside your home.

(Virtual) Volunteer Opportunities

The holidays are a time of giving, but in the middle of a pandemic, it may be more difficult to do so in person this year. Consider donating to a food bank, and if you're able, sign up for Meals on Wheels, an organization that delivers meals to seniors, or volunteer to go grocery shopping for people who may need help getting groceries safely this season. There are also many virtual volunteering options, like StoriiTime, CHD Living's "Adopt a Grandparent" program, the Trevor Project and more.

Set Up Outdoor Entertainment

If watching the game is part of your Thanksgiving tradition, set up a projector outside to screen football or a favorite family movie. For those looking for other activities, setting up a competition or tournament outside with games like bocce ball, croquet, badminton or corn hole can be a fun way to safely get together while social distancing.

For more information or advice, contact eni online at:

www.eniweb.com

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Integrated into our NexGenEAP mobile app, Self By Design is a mindset app created to support you in becoming the best version of yourself. Rooted in neuroscience and psychology, this app was designed to keep you inspired and motivated to work towards your wellness goals with curated collections of inspirational quotes, affirmations, and the ability to create your own powerful visual reminders to keep you on track.