



Human Resources

Welcome to the Ulliance Life Advisor Monthly Newsletter

Developed in conjunction with Wayne State University Human Resources

As with most of 2020, the holiday season will look a bit different than our fond memories of years past. We are encouraged to keep our gatherings small and consider avoiding contact with vulnerable members of the family. Our newsletter this week is part of a two-part series focusing on the holidays, offering help and advice on how we can, even amidst turmoil, find the joy and gratitude needed for a healthy mind, body and soul.



COUNSELING | COACHING | 24/7 CRISIS LINE | WORK/LIFE SOLUTIONS

Click the image below to watch this fun Thanksgiving video. Enjoy!



Checkout the Ulliance holiday newsletter, just click on the button below.

Holiday Differences

Tips on Connecting, Gratitude and Giving during Thanksgiving:

- **Connect Creatively-** Include larger groups of family and friends virtually by using free platforms like Zoom to maintain connections during the holiday. This can be done during the cooking or planning process, or while enjoying your Thanksgiving meal.
- **Share Your Meal in Other Ways-** Prepare traditional family recipes for loved ones and neighbors, especially those at higher risk of severe illness from COVID-19 and deliver it without direct contact.
- **Give to Others-** While the pandemic may change the way charitable giving looks, there is still a need. Connect with organizations such as The Salvation Army and local Food Banks for instructions on how to spread a little joy for those in need, while still staying safe.
- **What Are YOU Grateful For?** Start a gratitude journal by logging into the [Ulliance Well-Being Portal](#) and clicking on 'My Health Tracking'. In the drop box, click 'My Health Journal'. Click 'Create a New Health Journal' and follow the instructions to begin. Finding new reasons to be grateful each day goes a long way in developing the resilience needed to maintain our strength during a challenging time. If we keep the journal consistently, it's a great place to refer back to, to remind ourselves to focus on all the blessings we have
- **Try These Holiday Activities**
 - Focus on the family by creating a family tree. Include your kids by downloading a free template and having them help <https://www.familytreemagazine.com/kids/buildyourfamilytree/>
 - Pull gratitude statements from a hat and share them with your loved ones

For information and advice on steps for a safe Thanksgiving holiday, the Centers for Disease Control (CDC) provides information here: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays.html>

Revisit some of these helpful resources!

[Staying connected to family and friends](#)

[Helping the elderly](#)

[Relationship Strain – COVID-19](#)

[Maintaining Recovery from Addiction during COVID-19](#)

[Growing through Stressful Times](#)

[Relationship Maintenance](#)

Life Can be Hard. Talking Helps.

Call us for short term, solution focused assistance for the concerns that are so common in our world today:

- Managing Holiday Stress & Anxiety
- Relationship Strain
- Schooling Challenges
- Substance Use
- Grief/Loss
- Getting Organized
- Finding Resources for Child and Eldercare



Stay on the path to total well-being!



Call Ulliance we're here to help—**800.448.8326**

WAYNE STATE UNIVERSITY WARRIOR STRONG