Happy Thanksgiving!

Those practices are the best and encourage us all to practice them this Thanksgiving. The compassionate and gratitude all showed up in my mind. And while I think what to write for the newsletter, the usual topics of self care, self reflection, and taking time to focus on our own well-being, I was reminded of some of the important lessons I learned from loved ones to whom I am grateful.

The Thanksgiving spirit is so closely tied to love and balance. How can we give ourselves permission to still feel connected with loved ones? If you have experienced the loss of a loved one, how do you stay close to someone who is far away? If you are stuck at home, how do you connect to someone who is far away? If you are healthy and able to travel, how do you show up for others who are in need?" 

We encourage you to consider the love and gratitude that you feel during this holiday season.

Jon Edwards, MA, LMHC, Internship Director 

This Thanksgiving is an opportunity to think outside the box! Here are some resources that may help you with alternative ideas:

- CDC Recommendations
- Good Housekeeping Article: Thanksgiving in 2020
- NY Times article: Thanksgiving in the year of COVID-19
- Washington Post Article: Thanksgiving Scale This Year
- Delish Article: 8 Ways To Celebrate Thanksgiving Safely And On A Smaller Scale This Year
- National Geographic Article: How to Host Thanksgiving Safely This Year

If you are going to travel or gather with family outside your household, the CDC guidelines for Thanksgiving 2020 are recommended. Whatever you decide to do, it is important to consider your individual needs and create a plan that is sustainable for you.