

# Ideas for the Holidays (2020 Style)

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# 2020

- In the past 9 months, our interactions with loved ones, friends, colleagues and our entire social network has changed, and largely been curtailed
- Stresses come from multiple sources, and we have reduced channels to deal with those stresses
- Acknowledging that this is true, and that this is OK is key – recognize where you are at any given time on the stress spectrum, and know when to ask for help
- There are resources available to you:
  - <https://covid.lbl.gov/wellness>
  - <https://cohcwcovidsupport.org/>



Adapted from: Watson, P., Gist, R., Taylor, V., Evlander, E., Leto, F., Martin, R., Vaught, D., Nash, W.P., Westphal, R., & Litz, B. (2013). Stress First Aid for Firefighters and Emergency Services Personnel. National Fallen Firefighters Foundation.

Holidays  
2020 is a  
little (a lot!)  
different...

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All of us understand that our 'bubbles' for the holidays this year are limited, and we're all encouraged to stay put in the Bay area

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This puts us all in very different situations than in years past, though the break remains a chance to connect and recharge


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We can and should all be aware of this, reach out to our friends and colleagues however we can, and find creative ways to connect over the winter break



# Resources & Events from LBNL

# Solo@Home

A stylized illustration of a city street scene. The background is a dark blue sky. In the foreground, there are several buildings with different colored roofs (red, blue, and orange). There are green trees with yellow-green leaves. A person in a yellow shirt is walking on the sidewalk. The overall style is flat and graphic.

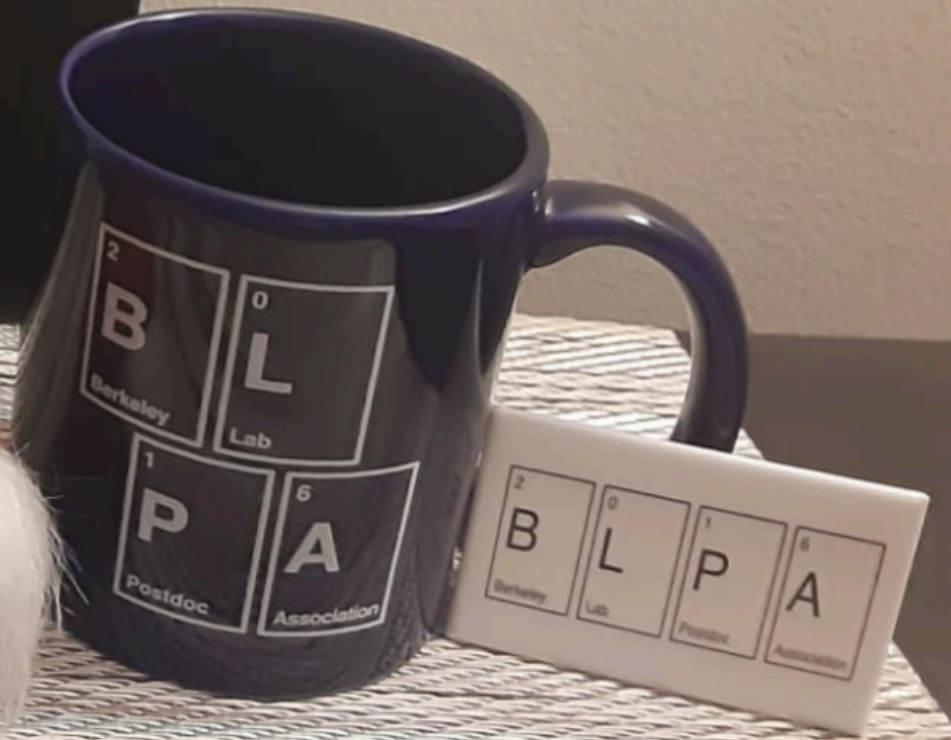
## Solo@Home Initiative (IDEA office)

- Zoom meetings every 2<sup>nd</sup> and 4<sup>th</sup> Thursday, to discuss strategies for ‘thriving while being solo at home’
- <https://diversity.lbl.gov/2020/09/03/solohome-first-meeting-august-27-2020/>

## Virtual (Secret!) Roaming Gnomes

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- Sign-up by December 15 (today!), send postcard by December 18 with an optional 'Moments-of-Gratitude' event on December 30
- <https://postdoc.lbl.gov/activities/virtual-secret-roaming-gnomes-2020/>



Virtual  
(secret)  
Roaming  
Gnomes  
2020

# HOLIDAYS @ THE LAB



## WINTER 2020 FOOD BANK CHALLENGE

December 1 - January 8

Bay Area food banks face an unprecedented demand for services, with all reporting that needs have doubled due to the COVID crisis.

**Help the Lab support local food banks**

<https://www.vfd-accfb.org/grouphome.aspx?ID=7703>



# Virtual Holiday Celebration Suggestions



USPS  
**OPERATION  
Santa®**

Now you can read letters from Santa's mailroom and answer the ones he can't.  
Adopt one today and make a holiday wish come true.

Adopt a Letter

Learn More



## USPS Operation Santa

- <https://www.uspsoperationsanta.com>
- Deadline for shipping response(s) is soon: December 19, 2020



VOLUNTEERS ARE ESSENTIAL



HELP NOW



Food Bank  
Volunteers are  
Still Needed!

- Food banks across the Bay area are still relying on volunteers, including the week of December 28<sup>th</sup> (over the break)
- <https://volunteer.foodbankccs.org>



“Early Christmas  
Star” on Winter  
Solstice

- Closest conjunction of Jupiter & Saturn since the Middle Ages on December 21
- See e.g. <https://earthsky.org/human-world/was-the-christmas-star-real>

# Streaming the Arts

- Many local, national and international organizations are offering virtual performances this holiday season
- SF Ballet: The Nutcracker  
<https://www.sfballet.org/productions/nutcracker-online/#nutcracker-online>



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- Find more suggestions:  
<https://redtri.com/virtual-holiday-shows/>




# Let's Get Virtual...Virtual....

Learn how to conquer your home kitchen and make amazing meals with professional instruction.

Book a Virtual Class

## Virtual Cooking Classes

- Virtual cooking classes to explore a range of different cuisines (including gingerbread on December 22!)
- <https://www.sweetandsavoryclassroom.com/pages/virtual-cooking-classes-new>



## Holiday Lights anyone?

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- <https://www.travelawaits.com/2558653/beautiful-virtual-christmas-lights-displays-in-the-us/>
- Many of the biggest tree lightings and holiday displays are offering a virtual way to view



# NSD Holiday Plans

# NSD Movie Streaming Event

Join us December 28 at 3pm for a screening of the 1955 “The Miracle on 34<sup>th</sup> Street”.

Share the link with your friends outside the division, include your families and come with your hot chocolate ready!

<https://app.kosmi.io/room/ms2sc8>

# NSD New Year's Eve Drop-in Happy Hour

- Join us on December 31, 2020 between 4-5:30pm to say hello to your friends and colleagues and together raise a glass as we bid farewell (and largely good riddance) to 2020!
- Zoom link:  
<https://lbnl.zoom.us/j/99664915229?pwd=Skg3Mk1NUWluSGRjZjRURUtOT2dQUt09>
- (Zoom ID: 996 6491 5229;  
Password: 154046)



Contact us anytime at  
[NSD-IDEA-Council@lbl.gov](mailto:NSD-IDEA-Council@lbl.gov)  
with your comments, questions or  
suggestions!

Happy Holidays!