Easy Ways to Feel More Connected This Season

Ordinary & Happy O & H

1 Make plans to visit your family over the holidays.	2 Send a quick message to a friend.	3 Host a potluck dinner and ask everyone to bring a dish that means something to them.	4 Send a care package to a friend or family member.
5 Go for coffee with a coworker.	6 Meet up for brunch with friends.	7 Volunteer for a local charity with a friend.	8 Invite a neighbor over for hot cocoa or tea.
9 Organize a cookie exchange party.	10 Shop at a local holiday market and chat with the vendors.	11 Attend a community event like a craft fair or holiday concert.	12 Thank someone who made a difference in your year.
13 Go for a walk with a friend to see the holiday lights.	14 Write and mail handwritten holiday cards.	15 Call a grandparent or older relative and chat about the holidays.	16 Schedule a video call with a friend who lives in another city or country.