

Planning ahead for the holidays: 5 New Year's Eve Ideas to Ring in 2021



New Year's Eve 2021 will look a lot different than last year's celebration. The past few months have been challenging for all of us, and New Year's Eve is the perfect day to reflect and reset.

Make a scrapbook - There's no denying it: 2020 was a year to remember. Commemorate the past 12 months by putting together a scrapbook or photo album. What have you learned about yourself this year? What have you noticed about the world? It's a great way to get creative and record this time in your life. You will be able to look back and reflect in future years about this year that has been so different for all of us.

Write down your resolutions Since you're staying home this year, you'll have extra time to work on your New Year's resolutions. Try to cover a range of areas — career, health, finances, and self care — has COVID-19 changed your resolutions you made for 2020? What are you focusing on in it look for 2021?

Make a 2021 memory jar Decorate a "Memory Jar" to keep over the next 12 months. Every time something happens in your life that you feel is worthy, write about it on a piece of paper and put it in the jar. It can be big things or small things. You can even include mementos like ticket stubs and cards. On New Year's Eve 2022, you can open the jar and take a walk down memory lane.

Make some noise As soon as the clock strikes 12, you'll want to get loud. And, the best way to do that — bang on some pans, get some noisemakers or turn up the music. If there is a year we all want to “make some noise,” it is this one!

Watch the ball drop To encourage social distancing, the Times Square ball drop will go virtual this year. Fortunately, the event will still features performers and speakers, just like it has in years past. In a statement, the president of the Times Square Alliance said, “The world desperately needs to come together symbolically and virtually to celebrate the people and things we love and to look forward with a sense of renewal and new beginnings.”

It has been a really difficult year for all of us. So much uncertainty and doubt. Looking forward to a new year, can give us some hope that we are moving forward and able to experience life.

If you are finding yourself unable to look forward, and feel like you need someone to talk to, we have counselors waiting to talk with you. Give Best Care EAP a call at **402-354-8000** or **800-801-4182** or email eap@bestcareeap.org.