

MANAGING SOCIAL DISTANCING AT HOME

The impact of COVID-19 is far reaching, resulting in increased amounts of stress for everyone. Here are a few suggestions that can help you and your family as you navigate these unpredictable times.

For Yourself



- Follow all **health guidelines** for reducing transmission.
- Maintain a structured routine, emphasizing:
 - Self-care
 - Routine eating
 - Hydration
- Plan for one week at a time, but keep focused on today.
- Set reasonable goals.
- Use an internal stress meter (0 = peaceful, 10 = rage/panic).
 - Check your number throughout the day and as it gets higher, do things that help you manage the moment: (deep breathing, walking away, getting outside, talking to a friend, listening to music, etc.).
- Keep communication simple and clear with family and coworkers.
- Use relaxation apps. (**Breathe 2 Relax**, **Headspace**, etc).
- Find some alone time each day.
- Limit alcohol/substance use as it can worsen mood, anxiety, and sleep quality.
- Work on personal goals using **online resources**.
- Keep busy with **100 things to do while stuck inside**.

For Your Partner



- Make a loosely structured plan with your partner each day.
- Identify the highest priorities for each of you and ways that you can help each other.
- Give each other breaks.
- Take turns managing the kids and doing chores.
- Express appreciation to each other once a day for something specific.
- If you have energy to spare, take on one of your partners' chores.
- Walk away BEFORE anger overwhelms you. Try not to make an already stressful situation worse.
- Have a plan in place to stay with a friend, or even in a hotel, if you think things could get violent.
- Give each other a "pass" if rude comments are made during unusually stressful situations.
- Carve out time to be together without the kids (i.e. watch a movie or eat a late dinner after the kids go to bed).
- Read or listen to **The Seven Principles for Making Marriage Work**.

With Your Children



- To take care of others, you have to take care of yourself.
- Monitor stress, prioritize self-care, and take breaks.
- Check your expectations. Disruption of routine is stressful for children.
- Keep in mind that irritability, temper tantrums, testing limits, physical complaints, difficulty managing boredom, etc. are all typical responses from children.
- Remember, it's your job to help your children manage this stressful time.
- Help your children understand what's going on at an age-appropriate level.
- Use **these resources** to talk to **children** about COVID-19.
- Encourage "family teamwork" and point out ways for your children to help you and each other.
- Create some structure, write it down, and make it visible for everyone.
- Expect setbacks, especially for younger children.
- Introduce games and activities materials gradually.
- Check out these resources to engage your children:
 - Free subscriptions, Gross motor activities, Toddler yoga, Cosmic kids yoga, The Whole-Brain Child**, your local Public Library, and **learnincolor.com**.