



Coping in quarantine or isolation

GENERAL

- Take care of yourself with helpful coping strategies
 - Develop a morning routine, connect with God through Bible reading and prayer.
 - Get enough sleep, 7-8 hours.
 - Maintain a balanced and healthy diet.
 - Use exercise apps and videos if you cannot engage in outdoors physical activity.
 - Leave home to “change the scenery” if that is possible.
- Embrace the opportunity to do things that you’re usually unable to do, put bread in the oven or wash laundry at lunchtime so you have spare time with your family in the evening.
- Minimise all news that makes you distressed. Choose trusted sources and check at specific times.
- Plan and complete some items on your long-term to-do list so that you relieve future stress.

SOCIAL LIFE

- Stay in contact with family and friends by phone or video conferencing, if possible.
- Help those who are in need. This will benefit everyone, ease your worries and their isolation.
- Share positive stories with the people in your life.

WORK

- Distinguish between regular working hours and leisure, start and stop working at the usual time.
- Take breaks from work as you would with colleagues at your workplace.
- Make an office at home, a space only for work that you can “leave” when work is done.
- Attend online meetings with colleagues as much as possible to be a part of the team.
- Be realistic. Children will impact your work, take it in turns with your spouse to get quiet time.
- End your workday with a routine, answer emails, go for a walk or whatever else suits you.
- Make sure that you have free time with family in the evenings.

FAMILY

- Maintain a familiar routine in the family. It makes the day safer for the young ones.
- Children are happiest when they have your attention. Give them 10 min every hour for fun activities.
- Help children express their feelings in a positive, creative ways and in safe surroundings. There are downloadable worksheets to help children with their emotions at: <http://www.sheffkids.co.uk/adultssite/pages/communicateworksheets.html?LMCL=yUtVCL>
- Encourage the children to stay in touch with friends, arrange Skype meetings for them, etc.
- Take time to laugh together. Watch funny video clips and play fun games.
- Make a list of the things your family enjoys doing together, take it in turns to choose one a day.
- Nurture your relationship, invest in your marriage. Find ways to be kind to each other and to help each other around the home. (Try the couple’s relationship app www.toucantogether.com)
- Make sure you have time for your hobbies. Take time alone to recharge your batteries.

IF QUARANTED OR ISOLATED WITHOUT THE POSSIBILITY TO WORK

UNABLE TO WORK FROM HOME?

- Keeping a routine becomes even more important in these situations.
- Do laundry, wash dishes or vacuum clean, etc. at the time you would usually be at work, so you get a sense of free time after “office hours”.
- Look for some online learning opportunities so that you stay mentally stimulated and build your work or life skills.
- Focus on your hobbies and make them your “work” for a while.
- Take time to do all the home jobs that have been on your to-do list.

Don't focus on the length of the isolation or quarantine, but focus on the moment, just one day at a time. Tomorrow will come ... tomorrow! "Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own." Matt 6:34