

A FAMILY GUIDE

TO KEEPING YOUR SANITY DURING A PANDEMIC



Protect Yourself

- ✔ **Pay Attention** to the directives of city, regional, state/provincial, and federal leadership.
- ✔ **Stay Home.** You're safest at home, but that doesn't mean you can't get outside.
- ✔ **Social Distancing.** Keep 6 ft distance when around people outside your immediate family and avoid groups.

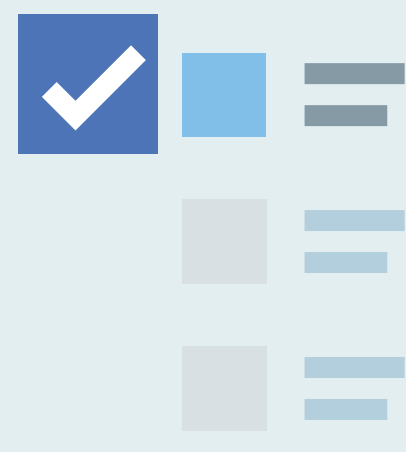
Make Your Home A Sanctuary

- ✔ Keep the peace or make peace quickly with each other.
- ✔ Help each other.
- ✔ Respect each other's privacy and space.
- ✔ Let things go. Major on the majors.



Structure Is Important

- ✔ Structure is an amazing thing for both adults and children.
- ✔ Get up at a regular time.
- ✔ Shower, shave, get dressed and ready for the day.



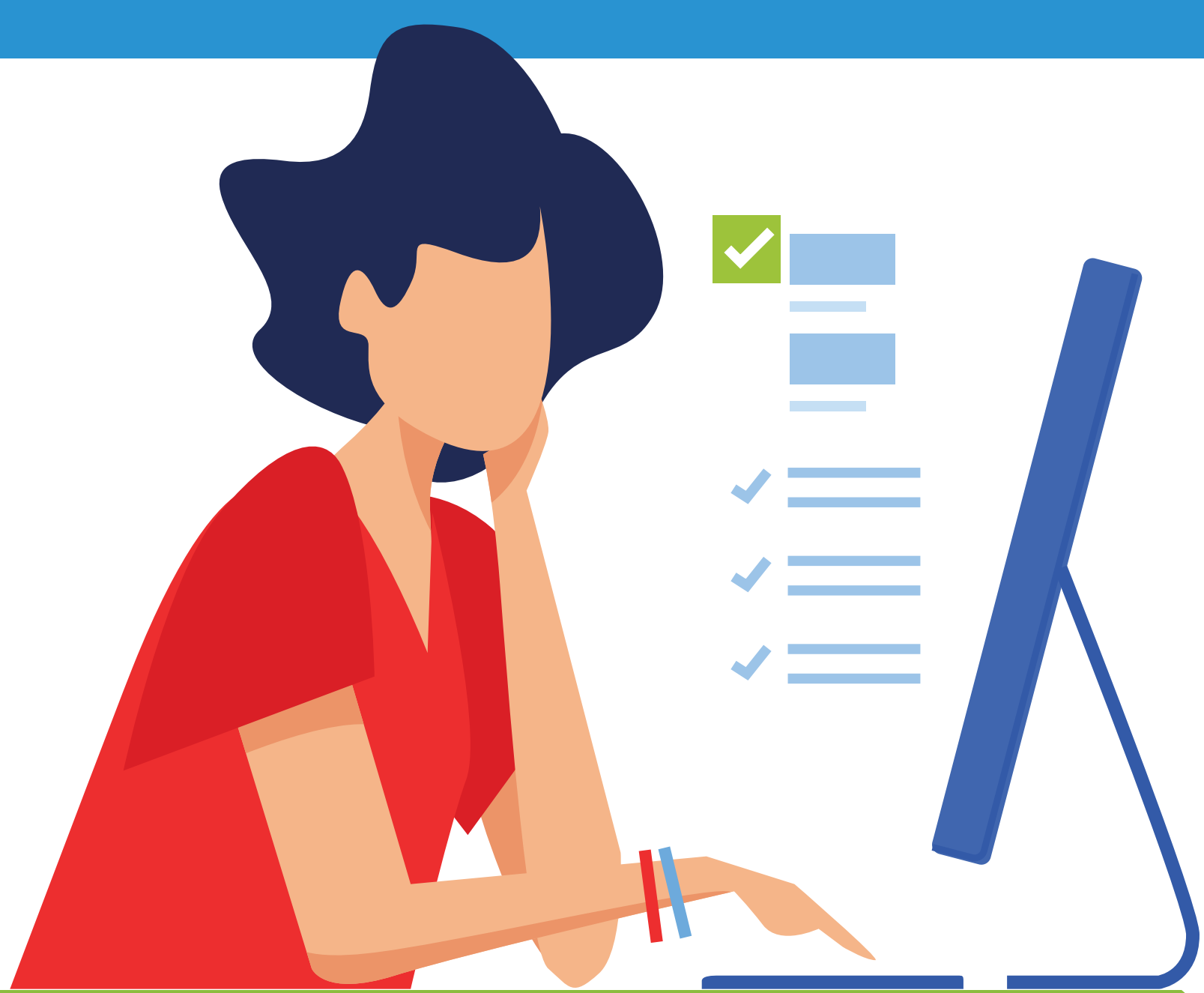
Eat Together

- ✔ Social interaction is important so eat together.
- ✔ Prepare food together.
- ✔ Give the 'B Team' a chance to cook.



Keep Moving

- ✔ Our bodies were made to move, so build moving time into your day.
- ✔ Go for a walk or run.
- ✔ Take the dog for a walk.
- ✔ Rake some leaves or do some yard work weather permitting.



Get Things Done

- ✔ Make a list of tasks that would help you and your family.
- ✔ Each day check some tasks off your list to build accomplishments into your week.
- ✔ Spring clean.
- ✔ Consider what you can do together as a family.

Give Each Other Space

- ✔ Think of things to do by yourself and as a family.
- ✔ Create sanctuaries inside your house where people can be alone.
- ✔ Create zones in your house - game zone, media zone, chill zone, reading nook, meal zone, etc.



Stay In Touch

- ✔ Keep connected, or get reconnected with family and friends.
- ✔ Reach out to them using the myriad of technology options (phone, Skype, video call, FaceTime etc). You can even do an extended family conference call.



Learn From The Experience

- ✔ Think about what you're learning during this experience.
- ✔ Journal.
- ✔ Have your kids keep a journal of their activities, their thinking, how they feel.



BROUGHT TO YOU BY



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