



How to Keep your Family Safe & Sane during the Crisis

Author: Daniela Lourenco
Psychotherapist & School Counsellor
www.dlourencopsychotherapy.com



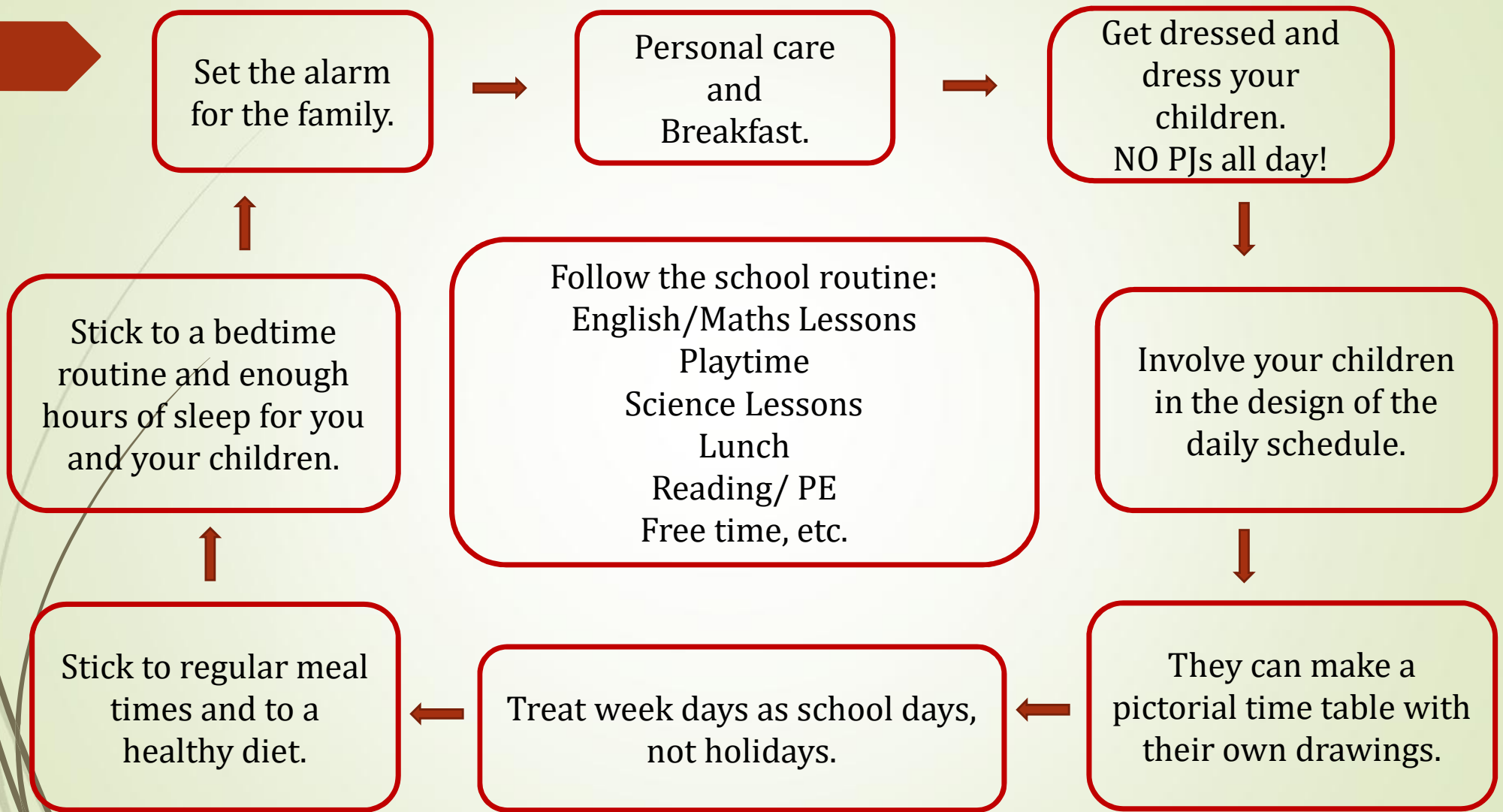
*We are social beings, who thrive from human contact.
With the prospect of self-isolation, school closures and
lockdowns here are some suggestions on how to keep yourself
and your children safe and sane in these uncertain times.*

1. Create a routine when there isn't one



We are creatures of habits, who rely on structures to keep us focused and to give us a sense of accomplishment.

When these structures are no longer there, we must create our own.




2. Stay Active: Healthy Body, Healthy Mind

When we exercise our body, we also exercise our mind.

It is very important that you keep yourself and your children active, especially if you are confined to a small space.





Benefits of Exercising

It avoids lethargy and boredom.	It improves your mood and the mood of your children.	It reduces stress.
It increases energy levels.	It boosts your immune system.	It produces endorphins, one of the so-called happy hormones.

- Include physical exercise into your daily routine !!!

If you don't have an outside space, you can do it indoors. You don't need a big area to get your and your children's bodies active.

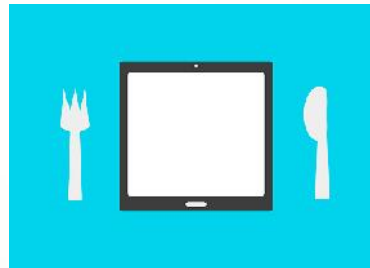
3. Keep in touch with family and friends

Physical isolation doesn't have to mean isolation from supportive networks.

Make use of the technology available



Have virtual dinner parties



Keep regular contact with the outside world

Support your children to keep in touch with friends (Facetime, WhatsApp)



Talk about topics other than the Crisis

4. Don't overload with information



Being up to date with the most recent news is essential to keep ourselves safe. But when there is so much uncertainty and so much information coming from unreliable sources, the constant seeking for answers can cause a great deal of anxiety and distress.



Seek reliable sources

**Seek information
mainly on practical
guidelines**

**Limit the amount of time
you spend reading the
news**


**Have a break from
social media**

5. Use the time of crisis to your advantage







6. Be creative!




Try arts and crafts
activities with your
children



Try different cooking
recipes
(You'll be surprised with
how much you can do with
tin food!)



Involve your children in
the house chores
(Sure they can set the dinner
table or put their socks
in the drawer!)



Use humour
Be playful
Keep the spirits up

7. Time for oneself

We might be in this crisis for the long haul and the intense contact with your family may become overwhelming. So it is paramount that you find time to recharge your batteries. Our state of mind will determine how well we deal with the challenges ahead of us.

Your children will also need some time alone to absorb and process the daily events.

So...



- 
- ★ Make sure you allocate daily time for yourself away from the children and others
 - ★ Take it in turns with your partner to look after the children
 - ★ If you are on your own, this is the time to make good use of the TV and electronic devices!
 - ★ Meditate
 - ★ Watch a movie/series
 - ★ Have a bath
 - ★ A cup of tea
and...
 - ★ Look after yourself.

