



THE SURVIVAL SCOOP

Ohio Guidestone: How to Survive Quarantine 2020

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A Guide to Quarantine

As we all know 2020 has led to an unprecedented circumstance with all of us being on lockdown. During this time we are all dealing with major changes and disruptions in our lives that have caused us to experience fear, anxiety, and frustration. Our hope is that this newsletter will help give you ideas, tips, and activities to help survive quarantine.

Stay Active for Mental Health

Being forced into social isolation due to COVID-19 has taken a toll on everyone, especially those who suffer with mental health issues. In this section we will discuss a new coping skill in each newsletter to help manage some of the more uncomfortable feelings social isolation and COVID-19 have created.



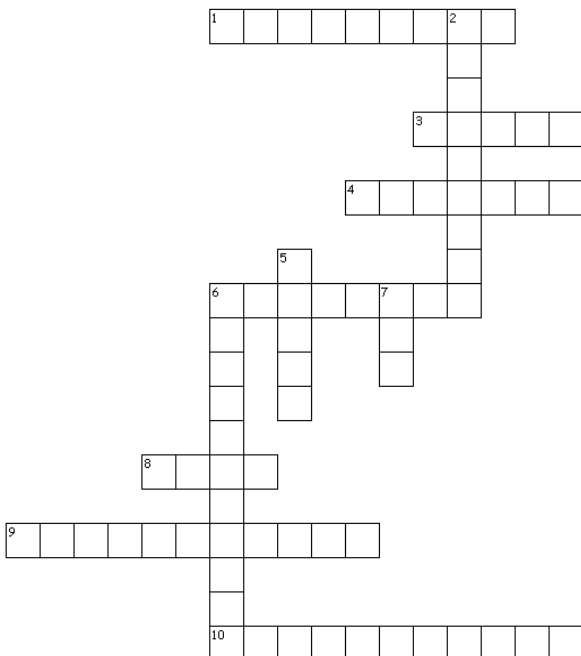
Physical movement can help alleviate stressful feelings such as sadness, anxiety, and frustration. Lifting, running, yoga, and walking are all great physical ways to cope with stressful emotions. Remember to practice these safely as well as share what you have physically been doing to cope with social isolation!

“While it’s hard being cooped up at home I have absolutely loved being able to catch up on my reading as well as play with my putty and kinetic sand...”

-Miss TJ



Feelings Crossword



Across

1. ____ is a warm puppy
3. Another word for disappointed or sad
4. Over the top happy
6. Feeling jumbled or lost
8. Another word for wounded
9. Annoyed feeling when we don't understand something
10. A self-conscious or nervous feeling

Down

2. People do this on birthdays
5. The red faced emoji
6. Lounging in pajamas
7. The feeling we associate with crying

Parent Tip: Creating Structure

COVID-19 has caused several frustrating issues, but none like the disruption of work and school schedules. With everyone now quarantined at home with no set structure in our day from school and work it can increase those already overwhelming feelings. One way to combat this is to set up a daily routine for yourself and family. By waking up, eating, and going to bed at a regularly scheduled time this can help alleviate intense feelings as well as help create some normalcy during this time of chaos.



Family Discussion Topic

If you could change anything about your family what would it be and why?

DISCLAIMER: Be kind and respectful to each other!!

Book Corner:

Here are online book recommendations you can get from the Columbus Metropolitan Library

- *Love* by Matt De La Pena and Loren Long
- *The Night Tiger* by Yangsze Choo
- *The Gilded Wolves* by Roshani Chokshi

Lots of Laughs



- What do you call a cheese that's not yours? *Nacho Cheese*
- What does the ocean do when it sees its friends? *It waves*
- Why are ghosts bad liars? *Because you can see right through them*

Activities to Survive Quarantine

Being confined to our homes can cause feelings of restlessness, especially when we are locked in together without breaks. One way to help combat this is to engage in safe, inside and outside activities together as a family. An inside activity is to build a blanket or pillow fort in your living or bedroom. After, you can then decorate it and watch movies or play games as a family.



An outside activity to do together as a family would be to take blankets and chairs out into the backyard at night and go stargazing. This is a great way to engage with nature as well as learn about the different constellations as a family.

Fun Fact:

Did you know that April is Autism Awareness Month? Wear blue to show your support and help celebrate our differences!

Resources

- obetz.oh.us/coronavirus-covid-19-alerts-and-updates/
This link has resources and updates for food, utilities, and services for citizens in the Obetz, Ohio



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