

# THE SURVIVAL SCOOP

Ohio Guidestone: How to Survive Quarantine 2020

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## A Guide to Combating Social Isolation

COVID-19 has forced all of us to make drastic changes to our lives, the most difficult for many of us being social isolation. Being away from co-workers, family, and friends has affected many of our emotional states in a negative way, especially those of us with mental health issues. In this issue we will discuss the importance as well as ways to stay connected during this time of isolation.

### Stay Connected with Technology

Social isolation can take a toll on everyone, even those of us who consider ourselves home bodies. Despite having to keep our distance from one another during this time, we have technology that allows us to stay in contact with those who are important to us.



*“I’m taking the time to do hobbies that I had set aside like puzzles, sewing, and gardening.”*  
-Miss Karissa

One way to combat this isolation is to set up dates with our friends through video chat or gaming online. Some people have been scheduling coffee and lunch dates over video chat while others have played their favorite video games online with their friends. Some have even issued workout challenges to help keep them stay connected and physically in shape. Be sure to let us know what you’re doing to stay connected with your friends and family!



### Ways to Stay Connected Word Search

X	S	S	G	T	S	O	E	G	E	R	S
T	L	N	A	E	M	N	V	R	V	I	T
G	L	A	B	X	O	L	I	O	I	R	R
K	A	P	V	T	O	I	D	U	L	E	E
K	C	C	Z	I	R	N	E	P	E	T	A
O	E	H	H	N	T	E	O	C	B	T	M
O	N	A	P	G	A	G	C	H	U	I	I
B	O	T	R	G	H	A	A	A	T	W	N
E	H	J	U	A	C	M	L	T	U	T	G
C	P	T	K	L	W	I	L	S	O	Z	T
A	L	I	A	M	E	N	S	J	Y	L	J
F	J	N	M	A	R	G	A	T	S	N	I

- |               |              |
|---------------|--------------|
| Chat Rooms    | Snapchat     |
| Email         | Streaming    |
| Facebook      | Texting      |
| Group Chats   | Twitter      |
| Instagram     | Video Calls  |
| Online Gaming | Youtube Live |
| Phone Calls   |              |

Answer Key Last Week

- |                 |                |
|-----------------|----------------|
| Across:         | Down:          |
| 1. Happiness    | 2. Surprised   |
| 3. Upset        | 5. Anger       |
| 4. Excited      | 6. Comfortable |
| 6. Confused     | 7. Sad         |
| 8. Hurt         |                |
| 9. Frustration  |                |
| 10. Embarrassed |                |

## Parent Tip: Bonding in Isolation

With COVID-19 forcing us into social isolation, its easy to shut the world out around us including those in quarantine with us. As parents we feel this as do our kids. One way to combat this is to be present and engage with one another through physical touch and kind words of love and support.

Another way to avoid isolation is to do an activity together such as cooking, cleaning, crafting, etc. By engaging and being present with one another it can help us feel connected during isolation. Be sure to let us know how you're connecting with your kids and parents.



### Family Discussion Topic

Which social networking services do you use? What do you like/dislike about them?

**DISCLAIMER:** Be kind and respectful to each other!!

### Book Corner:

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

- *Fallout* by Todd Strasser
- *The Elephant Mountains* by Scott Ely
- *Red Rising* by Pierce Brown

### Lots of Laughs



- What do you call a nervous dinosaur?  
*A nervous-rex*
- Why can't a hand be 12 in long?  
*Because then it would be a foot*
- What do you call a blind dinosaur? *A Do-you-think-he-saurus*

## Isolation Activities as a Community

Isolation can cause unwanted and uncomfortable feelings in many of us since we are unable to physically connect with those closest to us. To alleviate the strain of missing those most important to us one inside activity you can do is set up a video chat with friends and family and play a bingo/quiz game online to stay connected and share laughs.



An outside activity to do together would be to organize a community wide camp out. Everyone can pitch a tent or sleeping bag in their backyard and together have a small campout as a community. This will allow us to feel connected while also maintaining our social distance from one another. Let us know what you are doing as a community to stay connected to each other!

### Fun Fact:

Did you know that April 17th is also "Blah Blah Blah Day"?

### Resources

- [obetz.oh.us/coronavirus-covid-19-alerts-and-updates/](https://obetz.oh.us/coronavirus-covid-19-alerts-and-updates/)

This link has a resource to a food pantry. You just need to call and schedule an appointment.

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