

THE SURVIVAL SCOOP

Ohio Guidestone: How to Survive Quarantine 2020

Our New Normal

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While things are beginning to look up it does appear that our current situation, with a few adjustments, is ultimately here to stay for the foreseeable future.

While this new normal has been difficult at times, we are slowly coming back to how life used to be. In this edition we will talk about what that looks like in regards to the schools, community, and how to cope and proceed with these changes.

Adjusting to Our New Circumstances & Regulations

As I'm sure many of us have heard there have been several updates with the COVID-19 pandemic and maintaining our social isolation and quarantine. The first major change we are facing is the schools staying closed. For parents this means maintaining their roles as teachers and for kids it's a loss of finishing the year. As some businesses are looking to re-open soon we are also facing new regulations such as being required to wearing masks everywhere we go when we are out.

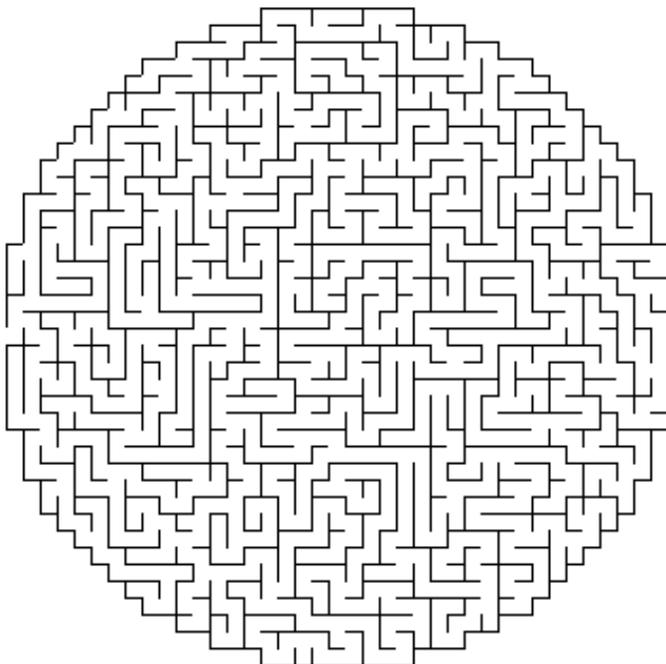


These new circumstances amidst all the changes that we have had to adapt too can stir up a lot of feelings. We're excited that things are slowly going to

start opening again, but it's hard and frustrating because we still have to maintain that social distance as well as wear masks. With school being cancelled many of us are missing our friends and teachers. It's also

been difficult having to do everything online as well as feeling sad not getting to be able to celebrate end of the year events together. Be sure to let us know how you are feeling and coping with these changes.

Escape the Maze



“One lesson I've learned is to slow down and enjoy life. When the weather is nice I go for a walk with my family to get out and enjoy the sunshine. When the weather is not so nice we find fun activities to do inside like baking or playing games.”

-Miss Justina



Parent Tip: Dealing with Loss

With the news of quarantine continuing all of us are experiencing a sense of loss, especially our children. This feeling of loss can stir up a lot of uncomfortable feelings making us lash out at those closest to us. While it is okay to have these feelings its important for us to manage them in a healthy manner.

One way to do this is to set with your self, child, or parent and to acknowledge your feelings in a non-judgmental manner. Sometimes we get so wrapped up in trying to ignore and not feel it because it makes us uncomfortable that it makes those feelings feel even bigger. Taking 10-15 minutes to sit with them allows us to feel them for a limited time and then once we are done we can put them away and continue with our day without having those feelings intrude our daily thoughts.

Fun Fact:

Did you know that May was named for the Roman goddess Maia who oversaw the growth of plants?

Book Corner:

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



- *Polaris Rising* by Jesse Mihalik
- *The Empire of Dreams* by Julie Rae Carson
- *Masterpiece* by Elise Broach and Jeremy Davidson



Lots of Laughs

- Why does a seagull fly over the sea? *Because if it flew over the bay it would be a baygull*
- What do you call a droid that takes the long way around? *R2 detour*
- How much does it cost for a pirate to get his ears pierced? *About a buck an ear*



Resources

- <https://ogsprevention.wixsite.com/prevention>
Be sure to check out our new website with all our information and videos!

Family Discussion Topic

Would you rather live in a castle, on a boat, or on a cloud.? Be sure to explain why!



Looking Forward to Summer

With all of the loss we are experiencing due to the COVID-19 outbreak its easy to lose hope and sight of all the good things we have to look forward too. One thing we can look forward to is summer. Being outside, enjoying the warm weather, and exploring nature. With summer right around the corner we will be able to be outside and enjoying more fun hands on activities.

For many of us going to the beach and playing in the ocean is an absolute blast. One way to bring the ocean to Ohio and your home is to make your very own jellyfish or underwater aquarium in a bottle. Another fun activity that you can look forward to doing this summer when it starts to get warm is to play shaving cream twister as a family. Lastly you can make your own splash pad in your backyard. Either way with all the chaos going on there is so much to look forward too, we just have to stay safe and stay hopeful.



Ohio Guidestone Newsletter

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