

# THE SURVIVAL SCOOP

Ohio Guidestone: How to Survive Quarantine 2020

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## A Guide to Embracing Change

With everything that COVID-19 has thrown our way with social distancing, the closing of schools, businesses, and loss of jobs change has been inevitable for all of us. We have all had to adapt to this change which has caused overwhelming and scary feelings for everyone. While change is scary we are also presented with an opportunity to come forth renewed and improved.

## Be Present in the Here and Now

Throughout this process many of us have cycled through a series of high and low emotions regarding being confined to our homes. One way to embrace this change and to look on the positive side of it is to develop new healthy habits that help us stay present. These can be activities that have either fallen to the wayside because of our busy schedules or ones we've always wanted to explore.



"I have been coping by taking time to do the things I enjoy and picking up learning new skills. Some things include gardening, going on walks, playing the piano, and reading my favorite books like Harry Potter!"

-Miss Julia

Some different activities and self-care strategies worth exploring include being outside walking and enjoying being present with nature. Other things you can do that would allow you to be present is to engage in a form of play, meditation, deep breathing, or laying outside and picking out shapes in the clouds. Let us know how you are staying present and in the moment!



## How to Embrace Change

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## Parent Tip: Cherishing Togetherness

As parents we are in a new world right now where not only are many of us facing unemployment, but we are also having to be full time teachers to our kids as well. With all of these new roles hitting us at once it is so easy to become overwhelmed in trying to figure out how to balance everything.

Remember to be patient and forgiving of yourselves and kids. Take time to appreciate being able to be home and love on them at a time when you normally wouldn't get too and to teach them things that are important to you and your family. Also remember that this won't last forever and to cherish this time with them while you have the opportunity.



### Family Discussion Topic

What is your favorite song and why? Take time to listen to everyone's songs and have a dance party while you do it!!

DISCLAIMER: Be kind and respectful to each other!!

### Book Corner:

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

- *Sea Change* by Robert B. Parker
- *Don't Ever Change* by M. Beth Bloom
- *Better than Weird* by Anna Kerz

### Lots of Laughs



- What do you call a pig that does karate? *Pork Chop*
- Why are frogs so happy? *Because they eat whatever bugs them*
- Why did the golfer bring two pairs of pants? *In case he got a hole in one*

## Developing New Habits and Hobbies

Amidst all of the changes that COVID-19 has brought and challenged us with we have also been given an amazing opportunity. Despite being cut-off socially and pushed into new roles, we have been able to engage in new levels of self-care and discovery if we so choose. We have the ability to develop new interests, hobbies, and habits while we are under quarantine.



There are several inside activities that we can engage and develop during our time in quarantine. Some activities include writing 3 things you are grateful for each day during this pandemic, create an indoor scavenger hunt that you can do together with your family, or learning a new instrument. Some outside activities include meditating in nature, climbing a tree like when you were a kid, and having a bonfire where you make s'mores and other tasty treats from whatever you have in your fridge. Be sure to let us know what new hobbies you have developed during quarantine!

### Fun Fact:

Did you know that Earth Day is April 22nd? Make sure to do something to celebrate our planet!

### Resources

- <https://www.eventbrite.com/o/ohio-guidestone-prevention-team-30091343176>

This is a link to a DIY Music Night with Karissa, TJ, and Lisa! Come make music with us!

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