

# THE SURVIVAL SCOOP

Ohio Guidestone: How to Survive Quarantine 2020

## It's Okay To Not Be Okay

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With quarantine continuing for the foreseeable future, many of us are starting to feel the impact deeply both mentally and emotionally. And while many of us try to ignore or hide our distress because of our commitments to our family and careers this can make those overwhelming feelings more intense.

It is okay to not be okay and to express and acknowledge those feelings. In this issue we will discuss how to accept and manage these feelings.

## Self-Care Should Make You Happy

During this pandemic everyone has stressed the importance of self-care and making sure we are maintaining our mental health. The problem is that no one has really talked about how to do exactly that, especially when many of us have lost our typical coping skills. Not only have we lost our usual coping skills many of us when we do find a coping skill it serves a dual purpose. For example cleaning can make us feel better, however, it is also a chore and doesn't serve just the purpose of making us happy.

And that's what we are going to discuss; the importance of finding a coping skill that serves no other purpose than to make you happy and feel good. This

### TAKE CARE

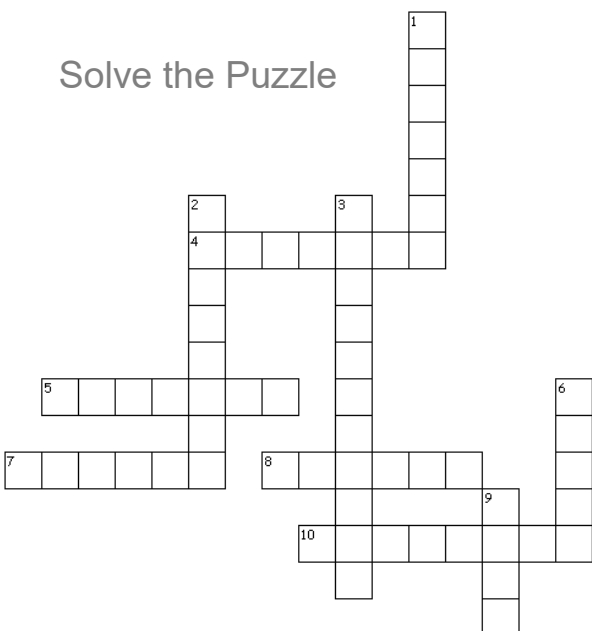


### OF YOURSELF

could take form in the shape of drawing, painting, exercising, being outside, spending time with those we are quarantined with, or reading a book. No matter how you decide to cope or what coping looks like for you choose an activity that serves no other purpose than to make you happy.

Because during this pandemic with all of the stress, worry, and pressure you deserve to take time and do something for you so that you can feel happy.

## Solve the Puzzle



"Since being put into quarantine, one new hobby that I have started is taking care of plants. My sunroom has exploded with plants!"

-Miss Karissa



### Across

4. Moving your legs slowly
5. Workout that uses weights
7. Riding an object with 2 wheels
8. Climbing big rocks or hills outside
10. Hopping up and down over a heavy string

### Down

1. Moving legs quickly that make your heart beat fast
2. Playing in a pool for fun or competitively
3. Intense 10 minute workout
6. Movement in rhythm with music
9. Stretches with deep breathing

## Parent Tip: Expressing Emotions

When faced with difficult emotions it is normal for many of us to avoid or ignore them because we don't like the way they make us feel. By doing this it can make those feelings appear much bigger and it can make our daily life more difficult to complete. While sitting and talking about these feelings is one way to manage these that can be difficult for some who struggle to find the words. Another way to express ourselves is through journaling.

A journal is a great way to express those uncomfortable feelings. Different ways you can journal is by taking photos of how you feel or you can draw what ever your feelings happen to look like that day. By using an artistic outlet it allows us to express and release those feelings so that they won't affect our day or relationships. Let us know how you and your kids are expressing yourselves.

### Fun Fact:

Did you know that May 18th is Victoria Day in Canada? It celebrates the birth of Queen Victoria who was born on May 24th, 1819.

## Book Corner:

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



- *The House With a Clock in its Walls* by John Bellairs
- *That Inevitable Victorian Thing* E.K. Johnston
- *La Belle Sauvage* by Philip Pullman



## Lots of Laughs

- What do you call 2 monkeys sharing an Amazon account? *PRIME-mates*
- What does one volcano say to the other? *I lava you*
- How do billboards talk? *Sign language*



## Resources

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

Be sure to register for our Get Caught Reading Event!!

## DIY Cookie Pizza

With all of us being stuck in quarantine it can get pretty boring at times which can cause feelings of frustration and restlessness. One way to help combat this is to find a fun activity you can do by yourself or with someone in your family. One great activity to do is cook or bake something and for this segment we are going to talk about making a giant cookie!



For supplies and ingredients you need a roll of your favorite cookie dough, a pizza pan, and a variety of toppings and candy. The first thing you do is preheat your oven according to your cookie. Next you get out your cookie dough and spread it out on the pizza pan as evenly as you can. Next add you delicious candy and other toppings on that you bought to

make you cookie extra tasty. Once you have your cookie spread and topped put it in the oven and bake it according to package instructions. Once done baking take it out and let it cool and enjoy your giant delicious cookie pizza. Be sure to send us photos of your delicious looking cookie pizzas at [ogsprevention@gmail.com](mailto:ogsprevention@gmail.com)!

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### Family Discussion Topic

What makes you feel happy right now during quarantine?