

THE SURVIVAL SCOOP

Ohio Guidestone: How to Survive Quarantine 2020

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A Guide to Re-Framing our Circumstances

Lately we have been bombarded with constant news about COVID-19 and it can be exhausting and stressful. That constant stream of information can also continue to ignite and build our fear and anxiety as well. In this issue we are going to discuss ways of how to minimize that effect as well as focus on establishing and appreciating our new normal while looking towards a hopeful future.

Staying Up to Date in Moderation

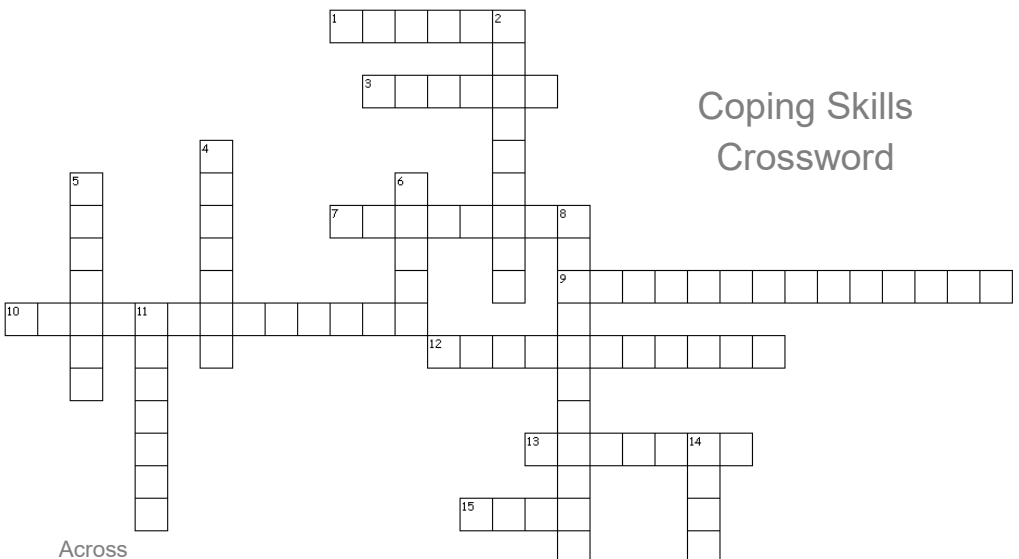
During this time many of us have been watching the news to make sure we have the latest information on lock-downs, social isolation, spread, and what is being done to mitigate this disease. While it is important to stay in the know, hearing that constant stream of negative content can affect our mood and ability to self-regulate.



“My biggest coping skills have been staying in contact with friends, family and co-workers. When I’m not at work I FaceTime my friends as well as talk with my roommates. I have also been taking frequent walks and trying to get in at least 30-45 minutes of exercise everyday.”

-Miss Cassie

One way to help manage this is to limit our time looking and listening to the news as well as talking about COVID-19. Going along with this it is just as important as to engage in activities that bring us joy and happiness. Dancing, being silly, looking at funny animal videos, and spending time with our loved ones are great ways to remind us of the small joys we have during this really difficult time. Let us know what small joys you find in your day!



Coping Skills Crossword

Across

1. Making edible sweet treats
3. Everything green around us
7. Creating something out of nothing
9. Cute photos of fluffy creatures
10. Taking blankets to make a tent
12. Watching TV with family in the evening
13. Moving around having fun
15. Stretching with deep breathing

Down

2. Putting plants in ground for joy
4. Putting pencil to paper
5. Moving around slowly outside
6. You can play board or video versions
8. Write down 3 good things every day
11. Making shapes on paper with crayons
14. Sleeping for a short period of time

Parent Tip: Developing Gratefulness

As parents and kids its easy to get bogged down in the frustrations of being confined to our homes trying to accomplish work, school, family, and have a social life. This causes us to get into the habit of only seeing the negatives in our lives which can alter and keep us in poor moods.

A way to improve and also focus on the positives in our lives is to create a grateful jar. Find a container and decorate it and then each day, at the beginning or end, write down 3 things you are grateful for and put them in the jar. This will help us focus on the positive things in our lives as well as be a reminder of how we survived quarantine.



Family Discussion Topic

If you had a human body and the head of an animal what animal would you pick 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

- *Steel Crow Saga* by Paul Krueger
- *The Lost Prince* by Julie Kagawa
- *The Kingdom of Fantasy* by Geronimo Stilton

Lots of Laughs



- What kind of tree fits in your hand? A *palm tree*
- What do you call a dinosaur that is sleeping? A *dino-snore*
- How do you get a squirrel to like you? *Act like a nut*

Remembering How To Be Fun & Goofy

Its easy for us to get caught up in the hustle and bustle of life. Because of this we forget to take time to slow down, have fun, and be silly with ourselves and those closest to us. With all of us being confined to our homes we have been given a gift to do exactly this and to remind ourselves about what is truly important in life. One inside activity is to stuff your shirt with pillows and to have sumo wrestling matches with one another in your living room as a family. This activity will be full of laughs and goofiness to help us forget for about our worries for a bit.



An outside activity you can do is to gather up a bunch of cardboard boxes, laundry baskets or what ever else you can find and build a castle outside with your family. Then after you build it you can decorate it and make it your own. Finally you can dress up and act out epic battles and stories while being silly in your own back yard. Laughing and being silly is a great way to help us deal with the uncertainty we are all facing.

Fun Fact:

Did you know that April 27th is National Sense of Smell Day?

Resources

- [facebook.com/VillageofObetz](https://www.facebook.com/VillageofObetz)
- [facebook.com/Lockbourne](https://www.facebook.com/Lockbourne)

Be sure to check these Facebook pages for new local information.

Ohio Guidestone Newsletter
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