



# Quarantine Survival Guide

By The Therapists at  
Holy Family  
Counseling Center

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# Intro

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Around the world people are discovering the difficulties of adjusting to the new normal as we face COVID-19. We do not know how long current levels of social and physical distancing will go on, but we do know that this new way of life is not easy. Introducing structure to uncertainty is helpful in thriving during difficult times.

Holy Family Counseling Center has created this guide to offer resources and suggestions to introduce structure and routine into your daily life during this unprecedented time. We encourage everyone reading this to take what they need from it, whether it be a quote, an idea for a schedule, or anything else you find helpful. Each of us navigates uncertainty in our own way. Research indicates that having a routine is one of the best ways to help ground ourselves and be able to thrive. We encourage you to read through this guide and use it to develop a routine. It is never too late to start! Adapt this guide however you see fit, be gentle with yourself if you make mistakes, and above all stay safe and healthy!

Counseling centers around Atlanta are keeping their doors open during this time and many, like Holy Family Counseling Center, are offering safe and secure forms of virtual therapy through online platforms or phone. Always reach out if you need any help.

The Therapists of Holy Family Counseling Center



# Self Care/ Resource

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## **SELF-CARE STRATEGIES**

Routines are an important part of self-care. During this time of quarantine when we may be trying to work from home, home-school children, help friends and neighbors, and other things that are not usually in our daily or weekly lives, it can be difficult to make sense of it all. Be kind to yourself and remember that you may not be working 8 hours a day at home. You may be able to get tasks done quicker and have more free time than when you were at work. Your children may get all their schoolwork done in three hours and take up more of your time than you initially planned. It will take time to adjust to your family's new schedule. Building a simple routine will assist you in handling the rapid changes to life that we are experiencing. Schedules do not have to be rigid. They can have a certain amount of fluidity to them. Every day does not need to be the same. Later in this guide you will find daily schedule sheets. Each evening, review what you accomplished, and plan out your next day.

The way in which we take care of ourselves is important for our own well-being, but also helps us to maintain routines and be of help to others in our lives. Often, we put ourselves last on our to-do lists. Try these self-care strategies to start prioritizing your needs.

With children home, Wendy Baribeau, MS, LAMFT suggests that we allow kids to be more helpful and praise them for it. Chores are good for their mental health and older kids can help younger kids with schoolwork. Many kids enjoy cooking and baking. Be appreciative of the help they give.

## **SLEEP**

Getting too much sleep, or too little sleep can affect how we handle stress on a daily basis. Currently, the recommendation for adults is to get 6-8 hours of restful sleep. Good sleep hygiene involves following a bed-time routine of going to sleep and waking up around the same time each day. There are a number of free "sleep calculators" on the internet that can help you figure out when you should be going to sleep and when you should be waking up to optimize your time a sleep, and feel more restful on waking. If possible, don't use any electronics an hour before sleep, or use blue light filters.

## **HYDRATION**

Start your morning with a full glass of water! This helps to rehydrate your organs and jump-start your body. From there, drink water often throughout the day. We often forget to hydrate due to our busy lives, however, staying hydrated is one of the best ways to keep our bodies moving along. The 8x8 Rule (8ounces of water, 8 times a day) is easy to remember. Drinking half your body weight in ounces is a good goal. No matter which method you use, try your best to drink more water than you have been!



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## **EXERCISE**

Some of us love to exercise frequently, others dread it. Exercise helps us to manage stress, gives us energy, and releases endorphins that can increase happiness. Exercising from home is often more difficult than going out to the gym. We are comfortable in our homes and there is always something to do. If we have exercise equipment in our homes, we know it will always be there and we can exercise anytime we want which can lead to us never using it. Set up an amount of time every day to exercise. It can be 15 minutes, 20 minutes, or whatever works for your schedule. For some of us it will be easy to exercise at the same time every day, others may need to move that time around depending on work or kids. Both methods are fine, just make sure to stick to the amount of time you scheduled in your day!

Remember, you don't need equipment to exercise. A walk with the family after dinner, stretching, or movements that use body weight are all excellent ways of introducing exercise into your routine. A minimum of 20 minutes a day will be great for your new routine. Currently there are a number of fitness resources online offering free sessions. Check them out!

## **PRAYER & MEDITATION**

In our fast-paced world we often don't have, or make, time to slow down. Many of us may be experiencing worries about our safety, our health, our finances, and other concerns. Being intentional with our time includes taking care of our mental health. Much like exercising, twenty minutes a day of intentional quiet time is essential to battling uncertainty. Set aside time to read scripture, study the life of a saint, read or listen to inspirational talks. Or perhaps take the time to just sit in peace. While technology should not interfere in this time, there are a number of apps that you can use for your mental health: Clear Fear, Simple Habit, Calm, Hallow, and Headspace are just a few. During the current crisis, Magnificat online is free for adults and kids, and the app Laudate has a number of solid resources. Take this time to begin a new spiritual routine. Start small and add in a few minutes each day to achieve your new goal.

Irene Rowland, MS, LPC tells her clients to check out their church's social media for livestreams of church events, or to sign up on FORMED or other online content providers that help with prayer and meditation routines.

## **FINANCES**

This is a great time to take a look at your finances. When we are stuck at home, we get a clearer picture of where we are spending money. Have a business meeting with yourself or loved ones. Where are you over-spending? Where would you like to be in five years financially? What can you change today to get there? Finances are one of the most commonly argued about issues in couple relationships.



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## **FINANCES...**

Take this time at home to really consider where your money is going and if changes need to be made. There are a number of free sites that offer budgeting help. We encourage you to check them out!

Peter Attridge, LAMFT, PhD Candidate often tells his clients to spend 30 minutes a week handling the “business” of running their household. The more aware you are on a weekly basis, the easier it is to adjust and ease financial stresses.

## **NEWS/SOCIAL MEDIA**

Every day we receive new information on the spread and effect of COVID-19. While staying informed is important, sometimes it is prudent to limit the amount of information we take in and where we get it. In times of crisis, it is helpful to separate from the “spin”. Reading wire services like AP, Reuters, or others may be helpful to get the facts without all the extra information and opinions that get added. During these times it is easy to get caught up on social media. While social media can be a great and needed escape, we also get inundated with a lot of information, not all of it pleasant. Consider setting time limits on your social media applications. Both Android and I-phones offer Digital Well-being services that limit or block access to apps at different times of the day, or only allow a certain amount of minutes a day on a particular app. Disconnecting is not always easy, but there are ways to implement structured times around our news/social media usage that can be helpful.

Maria Munoz, MS, LPC suggests that if news intake is a problem to designate another person in the house, or a trusted friend, that is willing to tell you only the important things you need to hear on a day-to-day basis.



# Journal Prompts

## JOURNALING

Journaling allows us to see our thoughts and feelings in a tangible way. Often, we can spend a lot of time “in our head.” From experience, we know that being in our head can also mean having a jumble of thoughts and emotions that are not easy to sort out. When we can see our thoughts and emotions on paper, we can begin to organize and structure them in a way that does not hinder us but helps us to be more certain and productive. These journaling prompts can help you to recognize your thoughts and feelings and how they are affecting you. Take the time to use these prompts and write a paragraph or two about your routine and your hopes for the future.

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**INSTRUCTIONS:** Write your answers to these questions in the appropriate section on the right >

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### 1. Thoughts & Emotions

Write down some of your major thoughts and emotions on the lines provided below. They can be positive or negative, calming or anxiety inducing, write down what you feel most often.

### 2. What can you control?

Look at your Thoughts & Emotions List, what are some of the things that you have control over? Write those to the side.

### 3. What do you not have control over?

Of the things you wrote above, what do you not have control over? Write those below.

Remember these things as you go through your week. None of us are in complete control, we should always be aware of what we can control and work on those things as much as possible. If it is not in your control then do your best to recognize that as you move forward.

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We have included daily schedule sheets for you to use. Remember to refer back to how you are feeling and incorporate your thoughts and feelings into what you need on a day-to-day basis. Maybe you need more exercise, or more time for prayer? Maybe you need to download some coloring pages and color for a little bit? Each day is a blank slate. Each day you get to try again. We hope you find the suggestions and schedule sheets helpful and that you and your families stay safe and healthy.

#### Thoughts & Emotions

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#### What do you have control over?

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#### What do you not have control over?

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#### Thoughts & Emotions

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# Daily Schedule

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## Today's To-do list

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## Exercise Plan

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## Self-Care Strategy

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## Reaching out strategy

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## Thankful List:

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## »Quote of the Day

*My Jesus, I believe that you are truly present in the Most Blessed Sacrament. I love you above all things and I desire to possess You within my soul. Since I am unable at this moment to receive You sacramentally, come at least spiritually into my heart. I embrace You as being already there, and unite myself wholly to You. Never permit me to be separated from You. Amen.*

## Feelings Check-In:

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## Prayer for the Day

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## »Quote of the Day

*"We need to look at the past, that's where we get wisdom from but if we dwell there, we open the door for depression. We need to look at the future to have goals and plans but if we dwell there, we open the door to anxiety with all the what ifs, so the place for peace and joy is to mainly concentrate on the present, what's happening right now"*

*-Irene Rowland, MS, LPC*

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## »Quote of the Day

*"We may be living in uncertain times but I'm certain that God loves us and is trustworthy"*

*-Irene Rowland, MS, LPC*

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## »Quote of the Day

*"It is natural to feel sad or anxious during times like this. We are all experiencing a unique time of stress, rapid unwanted lifestyle changes, and uncertainty on many fronts. We all need to have a good cry at times. It is ok. An honest expression of emotion can bond us with our loved ones when we are able to share it."*

-Wendy Baribeau, LAMFT

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## »Quote of the Day

*Be kind to those in the bunker with you. A small amount of politeness and appreciation can go a long way.*  
-Wendy Baribeau, LAMFT

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## »Quote of the Day

*"Take things in small pieces. One push-up, one meal home instead of out, one dollar saved. We can all reach the goals we set, one step at a time."*

*-Peter Attridge, MFT and PhD Candidate*

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## »Quote of the Day

*"Believe in your dreams, they were given to you for a reason".  
-Katrina Mayer*

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## »Quote of the Day

*When life is uncertain, close your eyes and remember one thing that is certain—God's Love.*  
-Unknown

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