

10 Tips for Avoiding Stress during COVID-19 Restrictions

- 1) Have a plan for each day – what you hope to achieve.
- 2) Break up the day by different activities in different places.
- 3) Share quality time with your family – prayer, chat, songs.
- 4) Care for your body with good food, sleep and exercise.
- 5) Avoid alcohol but have enough of any medicine you need.
- 6) Use technology to keep in touch with others.
- 7) limit your media intake so that you are not overwhelmed by information or worry.
- 8) Fight boredom by reading, doing projects, watching TV.
- 9) Focus on the positives and give thanks for the blessings.
- 10) Don't project too far into the future but live day to day.

A FAMILY MEETING TO SHARE ON THE EXPERIENCE OF THE COVID-19 RESTRICTIONS



A FAMILY SHARING ON THE EXPERIENCE OF THE COVID-19 RESTRICTIONS

Explanation

All of us have experienced emotional stress during the COVID-19 pandemic and restrictions. It is not healthy to deny these feelings or to hide them. It is very freeing to share them with people who care for us. It relieves us of a burden. It allows us to move forward more confidently to what is to come.

Living so closely together recently in a situation of fear and stress means too that we may have reacted strongly at times and hurt others. It is very Christian to listen to what others have to say about us or to us. A short sincere apology will heal many hurts.

A relaxed meeting held in a spirit of prayer will help family members to express feelings that are important to them and allow others to respond

with encouragement, thanks or apology.

The 10 Step Family Meeting on Corona Virus

One of the parents reads out the instructions.

Step 1. I (or spouse) will first read the explanation of the meeting.

Step 2. Will someone please invite the Risen Christ to be with us?

Step 3. Anyone who wishes may share what they found difficult during the COVID-19 restrictions.

Step 4. Would anyone else like to share your experience during the restrictions?*

Step 5. [Continue until everyone who wishes has shared. Don't force anyone to speak. Don't allow anyone to cut in on someone else.]

Step 6. Would anyone like to respond to anything that

has been shared by saying how you felt or what touched you when someone else was sharing?

Step 7. [Continue to invite those who wish to respond to someone else's sharing i.e. to say how they were touched by something another member shared.]

Step 8. What words from the bible might God say to us in answer to our sharing? Can we all try to find some words of Jesus in the gospel that He might say to us in response to the sharing?

Step 9. Let us offer our prayers of petition to the Lord.

Step 10. Let us all sing a hymn together.

*If children are shy to share or lack the feeling words to express their experience parents could suggest after the meeting that:

a. They Draw, colour or paint a picture that represent their main experience of the restrictions of COVID-19. Or

b. They act out a drama or skit depicting the restrictions. One child could represent the Corona virus, another child could be a parent, a third could represent a child of the parent, a fourth could take the part of an old person.

[If a child gets emotional during a drama, one of the parents should stop it and attend to the feelings of the child. Allow the child's tears or shaking or silence. Hold the child tenderly in your arms.

Gently ask what happened. Encourage the child then not to fear. Assure the child that the Risen Christ is present and that you, the parent, will protect the child. Afterwards ask the other children how they are and what they felt].