

## **Building our home**

### *Tips for our home*

The negative psychological effects of living on isolation can be reduce by following a series of important steps. This situation can be also difficult for families, children and adolescents with limited internet and available room.

#### **1) Activities can be designated**

- a. Activities can be subject to availability. Feel free to choose wisely.
- b. Close the door if you want to be alone to reduce any frequent stimulation from your surroundings.

#### **2) Space and availability in our home**

- a. Keep order, reduce the number of objects and furniture. Clean and organize if needed.
- b. During the day, open your windows, seek ventilation and day light.
- c. Take the opportunity to do some décor around your house. Make yourself comfortable.
- d. Corners and other areas of your home can be useful for children and teenagers.
- e. Bedrooms can be opportunities. Turn your bedroom into a place of joy, rest, reading or even for work.
- f. Keep a reasonable noise in your home.

#### **3) Be an observant of nature and your surroundings.**

- a. Look away from the window, go out if you have a balcony, stand in your hallway of your building to observe other people, trees, clouds, the sky and others.
- b. If you have plants, take good care of them. Get to know them.
- c. If you have a pet, be mindful of their play, their needs, their care and your interaction with them.
- d. Nature can be a positive stimulus. It reduces our activation levels leading to a better mindset. Nature nurture and replenished us.

#### **4) Seek comfort in yourself.**

- a. Is important to reserve time for to be alone. We need privacy to assimilate the daily struggles we experience.
- b. Take time to have dinner or have a meal with the other members of your home (family, roommates, partners or others). Turn off the mobile devices, decrease screen time and start a conversation.

#### **5) Work on a routine.**

- a. Keep a daily routine of activities. Take off your sleeping clothes. Dress yourself like you are going to work, college, or other.
- b. Listen to your neighbor's activities, generate other ways of communicating with them. This will help in decreasing the distress and the isolation.
- c. Recognized and applauded our healthcare professional daily efforts. Build a sense of community in the face of adversity.