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 daylight.
   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.