WAYS TO LOOK AFTER OUR MENTAL HEALTH DURING TIME AT HOME BY COVID-19

1 CREATE ROUTINES

This help us organize our responsibilities, but also give us a feeling of "control over our life" in this situation in which there is a lot of uncertainty and anxiety.

2 CONNECT WITH OTHERS

Human beings need to relate with each other, so we can receive comfort, let ourselves go, see other realities, not focus on just our own situation, see other perspectives, etc. It is true that there are many physical restrictions at this time, but we can make use of the many options that technology offers.

3 LET'S MOVE

Changing physical environments (room, living room, patio, dining room, etc.) gives us "new airs" and oxygenates the brain.

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4

SET UP MOMENTS TO BE WITH YOUR CHILDREN

Listen to them, generate conversations with them so that you know what they are thinking, and then you can support them. Since they are not around their peer group, you become their first focus of socialization, so it's up to you to satisfy this need.

5

FREE AND FUN TIME

Inside the house, you can create moments that help distract the mind from the situation, and help to build family relationships. Examples of activities are: watching a movie with popcorn, playing board games together, doing "challenges" in the yard, DIY projects, and many more.

6

CHOOSE YOUR BATTLES

Being in the same place 100% of the time, with the same people, without going out, and each having their own concerns about the situation, can cause conflicts in the family. Therefore, it is important to "choose" what is important to fight for and what is not negotiable, such as finishing school responsibilities. But there are other things that are better to "let go" and keep an environment of peace, harmony and calm at home.

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