

A Regular Rhythm of Care

Create a rhythm for you, and your family, that has both structure and flexibility.

Write Out a Schedule

Do I need one for today, or this week? Do I need to adjust it? Is there something I need to add?

What Do I Include on the Schedule?

For Structure: Regular times for sleep and wake up times; meals and snacks; exercise; deep breathing (2–3x day in times of crisis); work and/or studies.

For Flexibility: A mix of play and downtime activity that can include:

- Music, stories, movies, dance, creativity, exploring new things.
- A mix of virtual and real world, using your 5 senses.

Connecting Time: A balance of alone and together time.

- **With myself:** check ins, what do I need? reflection time.
- **With family and friends:** talk, listen, share, laugh, cry, play together.
- **With pets**
- **With faith, and faith communities:** personal faith rituals and connecting with others in your faith community.
- **With others who might be vulnerable:** do I know 1 or 2 people I could call, do something for?

• **With the world:**

Nature, and walks outdoors.

How others responding to this crisis? Not so much the news of what is happening but the people who are living this around the world.

I'm Overwhelmed, What Do I Need?

- What would bring back my grounding?
- Deep breathing?
- Time for a walk? or a run? or to cycle?
- Light a candle?
- Look at something beautiful? flowers, art, nature? Watch a sunrise or a sunset?
- Listen to some music?
- A cup of tea?
- Organize something?
- Do a chore? wash some dishes? fold some laundry?
- Coloring, painting, puzzles?
- Call someone? See someone's face on video chat?

Living Alone in Self-Isolation?

- Fill my home with music, sounds, bring nature indoors.
- Set up regular calls or connecting with someone else.

Many People in a Smaller Shared Space?

- Talk about each person's needs for together and alone time.
- Work out a balance that takes into account everyone's needs.
- Create your own alone time space, if possible.

How Do I Talk to My Children About This?

- Think of their age and level of understanding.
- Listen to what they are wondering about.
- Answer their questions at a level they understand.
- Don't overload with too much information.
- Remind them you are watching out for them.