

# CREATING HEALTHY RHYTHMS AND ROUTINES

We recognise that we all need structure and routines to help us stay healthy. Rhythms such as getting dressed, making the bed and healthy eating will be important at this time. The following further ideas for families, couples and individuals whilst staying at home might be helpful for you to put in place too:

## Self-Isolating and Social Distancing as a Family with Younger Children

We really don't want children to be fearful, but the reality is that their lives will be changing, and they will need help understanding this.

1. Set up a family plan together. Write these down and pin them up for all to see.
2. Set some family rules and aims. Write these down and pin them up for all to see.
3. Pray together as a family.
4. Talk together about your expectations. Discuss what is happening and why it's not a holiday. Make room throughout your conversations for what you and your children might find difficult.
5. Recognise that this is not easy. Be kind to yourself and to your family.
6. Take walks as a household and exercise at home or in your garden (perhaps set up a sports day).
7. Get creative! Find a new craft to take up.
8. Use online school resources for learning and fun together.
9. Limit screen time and explain why.
10. Cook together.
11. Keep in touch with other families using video chats (FaceTime, Zoom, etc).
12. Allocate spaces to each family member for alone time when needed.

## Self-Isolating and Social Distancing with Teenagers

You may have teenagers that are happy to be at home, while others will not understand and might struggle to have less freedom.

1. Talk to your teenagers about what is going on and give reasons to why things are changing.
2. Make a plan about how you are going to get through this. Create some rules together.
3. Encourage them to set up a routine for the day that includes Bible reading and prayer (perhaps using apps like YouVersion or Lectio365).
4. Include exercise in their routine; perhaps a walk or a run with the family or their own, or by using an exercise video inside the house.
5. Encourage them to limit screen time and explain why.
6. Encourage them to keep in contact with friends via text, social media and telephone.
7. Get creative or do something practical.
8. Get them cooking.
9. Be kind to yourself and each other.

## Self-Isolating and Social Distancing on Your Own

We recognise being alone during this time is very difficult. It is so important to stay as connected as possible.

1. Set up a plan for yourself to help you through the day.
2. Start each day with reading your Bible and praying.
3. Go for walk if you can or do some sort of exercise at home.
4. Get creative or do something practical.
5. Contact other people on the phone, via social media and by text.
6. Do a puzzle or get a puzzle book.
7. Watch something funny or uplifting on TV. Limit your news intake.
8. Think of how you can support or encourage someone else.
9. Read a good book!
10. Read scripture and focus on something good before you go to bed.

## Self-Isolating and Social Distancing as a Couple

We recognise that isolation can put a strain on relationships. It is important you talk together about your fears and your plan for the days ahead.

1. Set up a plan for you both to help you through the day.
2. Start with reading your Bible and praying together.
3. Go for a walk by yourselves or exercise at home.
4. Get creative or do something practical.
5. Contact other people on the phone, via social media and by text.
6. Do a puzzle together or start a project.
7. Watch something funny or uplifting on TV. Limit your news intake.
8. Think of how you can support or encourage someone else.
9. Read a good book!
10. Read scripture together and focus on something good before you go to bed.

During this time where there is an increase of pressure, stress and fear, we pray for each other and our community. Keep kind, keep patient, set boundaries, create new routines and love each other. We are together in this.