

# Week 6: Take Advantage of Your Time at Home Series



## **Is it time for a FAMILY TIME CAPSULE? Yes, yes it is!**

We find ourselves in an unprecedented time: a once-in-a-hundred-years **pandemic** that has the world in its grip. One way to preserve our memories of this moment in time for posterity is to make a **time capsule**.

Whether you are self-quarantining alone or with kids, other family members or friends, here are some ideas to create your own time capsules at home. Create a time capsule that marks this once-in-a-lifetime event. There is a link at the end of this document with sample TIME Capsule pages to get your started\*:

## **Storage – Are you going to bury it? Keep it on a shelf?**

If you're serious about your time capsule being preserved for future generations to dig up, try to find a stainless steel, waterproof, airtight container that will keep your treasure safe.

If you're not looking to bury it in the backyard, a time capsule fits nicely in a pretty box on a shelf at home or in a storage unit. Stash and seal your mementos in a box and store it away for until next year. Then, you can reopen it to reflect on that moment in time when everything seemed to come to a stop.

## **Contents – What are you going to put inside?**

Fill it with items that symbolize this time, like a roll of toilet paper (if you can spare one!), an empty bottle of hand sanitizer and a printout of DIY mask-making instructions. Include a list of the movies and TV shows you've binge-watched, with a doodle of the "Tiger King." Print photos of you and your family wearing masks, playing cards, taking a walk and celebrating special occasions together. You can even print screenshots of memes that capture the times. If you have them, add some newspaper or a magazine cover, too. You could print out the front page of the COVID-19 web page. A nice addition is a letter to your future self about what living through this pandemic is really like.

## **Documentation – Keep a journal.**

Journals offer insight into what we are thinking about, how we were feeling or what our hopes, fears, worries and desires were at a certain moment in time. Take time to reflect on your reaction to the coronavirus pandemic in a journal. This is a great resource for keeping track of your thoughts and feelings during this uncertain time. Take one minute a day to answer the same questions...**How are you feeling today?, What are you**

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**doing to keep busy? What are you thankful for?** When you look back on it a year from now, you'll have a snapshot of life during the pandemic. Your kids will want to save it share it one day with their kids or grandkids.

### **If a journal isn't your thing, it may be easier to do a video!**

You can interview each person in your house:

1. What is the date and where are you quarantined?
2. What is some recent information that you can share about what is happening with the pandemic?
3. How do you feel right now?
4. What do you think about how it is being handled locally, nationally or internationally?
5. Has anyone you know been affected by covid-19? How so?
6. What have you had to change about how you fulfill basic needs?
7. How has this affected your work or school?
8. What is something positive that has come from this experience?
9. What are you doing to pass the time?
10. What do you miss most right now?
11. What is the first thing you'd like to do when this is all over?
12. What are you most worried about?
13. What lessons has this experience taught you?
14. What are you thankful for?
15. What is something that is helping you cope?

**Remember, we're all in this together!** Best Care EAP counselors are here to help. Schedule your confidential appointment by calling **(402) 354-8000** or **(800) 801-4182** or send an email to [eap@bestcareeap.org](mailto:eap@bestcareeap.org).

\*Natalie Long of LONG Creations has put together COVID-19 time capsule kits, here is the [ADULT COVID-19 TIME CAPSULE](#). Here is the [CHILD COVID-19 TIME CAPSULE](#).