

## WEEK 3: Take Advantage of Your Time at Home Series



Week 3! How fast life can change. One day, everything is relatively normal. The next day we're "sheltering in place" in our homes...distancing ourselves from neighbors when we go for a walk. In the middle of fear, economic crisis, and social distancing there is a growing sense of closeness.

So, what can we do during this time at home to harness the feelings we have about our families, friends and coworkers to make it count? **Over the last few weeks, we've seen kindness and courage pop up around the country.** Since it looks like we are staying put for a while, let's take a look at a few ideas from these stories. Some you can do while you and your family are together at home:

- **Write and send a daily card or letter to someone in a hospice, or senior community in your area.** No need to leave your home, you can add a stamp (usps.com) or and just place in your mailbox for the postman to take with them!
- **Host a facebook "live challenge event" for a charity your family cares about.** Maybe your family likes to dance or karaoke? Now is the time for creativity! You can choreograph, lip-sync and do whatever you want. Have a family in your neighborhood or cousins who would be fun to challenge? Do it!
- **If you play an instrument, play a live concert on your porch or deck for those in your neighborhood to hear.** This can be an interesting event that everyone can enjoy from their homes...make a flyer and send out an email to those in your neighborhood association letting everyone know it's going to happen.
- **Read and record a children's story to send out to loved ones or post on social media so that everyone can enjoy.** Maybe you want to take on a lesson from a school, or a science project experiment. It's on! And, the cool thing is the entire family can get involved. Maybe each person in the family selecting one they want to try each week.
- **Challenge friends and family to a recipe or cake bake off, post pictures of final products and share on social media.** This is so fun to do! Everyone has to cook, and what better way to use this time than to take on a new recipe or technique. There are so many videos out there on youtube, you can try a main course or a new dessert!
- **Research your family's ancestors through ancestry.com or another online resource.** This is a fantastic time to really go through your family history. You can start a family tree and pass around files to other family members to give input.

Of course, if you need our help sorting through your feelings during this uncertain time, we have counselors ready to listen. Best Care EAP's **COVID Coronavirus Counseling HELP LINE is now available.** Whether by phone or online, this NEW help line is private, accessible and convenient. Schedule your confidential appointment by calling **800.801.4182.**