

A Guide For Family Wellbeing During Lockdown

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Create a Routine

- Set school hours that work for your family
- Incorporate breaks away from the study space if possible
- Take a brain break for 5 minutes every half an hour or when attention is waning
- Write out a timetable for the day and stick it on the wall near the study space



Make Time For Play

The dual relationship of parenting and teaching can create stress on family relationships. Make time to just play and have fun with each other.

Balance is key!



Movement

Moving our bodies is a great way to get our blood pumping and endorphins flowing to elevate our mood. Take a break for some movement to help break the day up. Going for a walk, or doing some yoga (free lessons on Youtube) are great ways to get our bodies moving in a gentle way.



Mindfulness

Practicing daily mindfulness has been linked with lower levels of stress, anxiety and improved mood. Mindfulness requires focus on the present moment. A fun mindful activity is mindful eating: very slowly eat something (ie. a grape, piece of chocolate, raisin, marshmallow etc.) paying attention to how it looks, smells, feels and tastes, savour it. What did you notice eating it this way?

