



## Live Life Better | Family Wellbeing & Coronavirus |

| APRIL 2020 |

### Ways to help you & your family during Coronavirus

Families will be working, learning, loving and supporting each other in new ways today. Remember you are in exceptional times so be patient and take one day at a time. Here's a great [resource](#) from Young Minds with positive suggestions on how to talk to your children about Coronavirus.

If you're wondering how families are managing their wellbeing in these extraordinary times, below are some tips and avenues of support to make this time work well.



- Look after yourselves and all do [proactive things](#) to aid wellbeing.
- Go steadily and allow for a period of adjustment. Don't aim for highly productive homeworking for 8 hours straight or to home-tutor like school, all day, every day.
- Listen, talk and interact with your family members often and positively. Enjoy [quantity time](#) together.
- Share household chores between everyone.



- Keep some routine to each day.
- Help everyone to live in the present and [practice mindfulness](#).
- Build [resilience](#) within your family. Know different members will handle things in different ways.
- Plan for how to be grateful for small, good things each day and together notice details in the things we'd normally rush past.



*"Living Life Better Together"*

# Fun & Creativity

Have [fun and be creative](#). There are lots of opportunities to explore and [imaginatively play](#) right now! Why not try online music lessons or gigs? Learn a new language or read up on history at Future learn? There are group storytimes, PE sessions and you can even virtually look around a museum. Aim to try something different every few days/week.



- Be role models by following [guidelines](#) and by being kind, helpful, empathetic and considerate.



- Keep in touch with others virtually and offer support and solutions to those finding things tough.
- Use support services such as [Headspace](#) for mindfulness, Anxiety UK's [free relaxation guide](#) and the dedicated online pages from [Mind](#) and the [Anna Freud Centre](#).

- Eat well
- Get good rest
- Do everyday exercise
- Drink plenty of water
- Do the 3 L's = loving, laughing & learning
- Breathe through stress

*“Life isn't about waiting for the storm to pass. It's about learning how to dance in the rain” Vivian Greene*



Website:  
[www.live-life-better.uk](http://www.live-life-better.uk)



Contact:  
07583197975



Email:  
[olivia@live-life-better.uk](mailto:olivia@live-life-better.uk)