

## WELLNESS WEBINAR

### Together Forever

### Coming out of Isolation Alive

One of the reasons this time feels so stressful for most of us is because we really didn't have time to plan or prepare for it. A lot of the anxiety we're experiencing is because of the uncertainty and how quickly we, and our families, had to react to something we didn't know too much about. We still don't know too much about the virus itself or the long term implications but there are things we do know and can try to find some sense of stability and connection within our lives so we come out of isolation stronger and more whole as humans.

### Ideas for intentional time together...or apart

- ☑ Virtual Date Night with another couple
- ☑ Date Night without technology
- ☑ Bake cookies and deliver to the doorstep of a friend
- ☑ Ask kids what they miss and try to replicate that in a safe way (camping in the living room, anyone?)
- ☑ Learn art therapy via YouTube and work through feelings with your kids (not to replace actual therapy if required!)
- ☑ Virtual Murder Mystery Party
- ☑ Download Kids Messenger – your kids can probably show you how to use it 😊
- ☑ Virtual Movie Night with *Netflix Party* (a service provided by Netflix)
- ☑ Set boundaries between *home* and *life* – don't work from bed
- ☑ Technology-free time block
- ☑ Set-up zones in the house – "reading zone", "game zone", "no technology zone"
- ☑ Wake up before your family
- ☑ Designated quiet time in the house where no one talks – the last person to speak gets a prize
- ☑ Virtual play dates with friends
- ☑ Create sidewalk art
  - Obstacle course
  - "Hope-scotch" where each square has an encouraging word
- ☑ Virtual connections with grandparents to read stories, color together
- ☑ Virtual connections with Aunties and Uncles and cousins
- ☑ If you are an Auntie or an Uncle:
  - Create virtual dance contests where you send moves to each other to be copied
  - Perform a magic trick and see if the kids can guess how to do it – then teach them
  - Participate in a sing-a-long or karaoke
- ☑ Paint rocks and leave around the neighborhood
- ☑ Walk the dog...by yourself

## Become a self-awareness superhero

You can't control how your brain works but you can understand it – and use that intel to change the way you relate to others and show up in the world. [Emergenetics](#) is a neuroscience-based psychoanalytic tool that identifies how you think – how your brain processes information, and how you show up in the world. This tool will teach you about your unique characteristics and how your awesome qualities are so valuable to your workplace, your family, and your community. You'll learn that everyone thinks differently than you do – that we all approach the world in different ways – and you'll learn how to use your remarkable strengths to work together and contribute to your environment in influential and significant ways.

## Books to deepen the learning

I often say my biography should read: "She was born. She learned to read. She did things with what she learned. Someday she'll die." 😊 I've always been a big reader and in times of uncertainty, books (and Google) are definitely the first place I turn to as a way to manage. A few books that have really help me navigate this season in my life are below – worth checking out if you're also a reading enthusiast.

- ✓ [Flow by Mihaly Csikszentmihalyi](#)
- ✓ [The Dream Manager by Matthew Kelly](#)
- ✓ [Joyful by Ingrid Fetell Lee](#)
- ✓ [Resilience by Eric Greitens](#)
- ✓ [Insight by Dr. Tasha Eurich](#)

## I intend to...

Stating our intentions is the best way to ensure we actually follow through on an action. To increase your probability of taking an action, complete the following sentence:

I intend to **(action)** so **(reason for taking action)**.