

1. Coronavirus and quarantine can be a scary time for kids. Routines are changing and they may not understand what is happening. Here are some suggestions on how to talk to them about what is going on and to reassure them.

<https://zerotothrive.org/covid-19/>

<https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>

2. Now that we've all stocked up for this quarantine, the question on everyone's mind right now is, what do I cook now that I'm stuck at home? Here are a bunch of simple self-quarantine recipes for you to try to spice up your time at home.

<https://cooking.nytimes.com/topics/self-quarantine-recipes>

3. Besides your physical health, Coronavirus also presents challenges for your mental health. Everything has suddenly changed and we might feel like we are losing control over our lives. It is natural for us to feel sad, angry, or helpless at a time like this, but there are things we can do to mitigate those feelings. Here are just a few resources you can use to prioritize your mental health.

<https://afsp.org/taking-care-of-your-mental-health-in-the-face-of-uncertainty/?fbclid=IwAR1nzwqAmHPYU1VZwLJEsXBKXdU8blptLyFELk6z1w0iA93zPGAq9DTAdvI>

<https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf>

<https://www.nationaleatingdisorders.org>

<https://studentaffairs.duke.edu/duwell/what-wellness/covidresources>

<https://www.talkspace.com/online-therapy/>

https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2F coping.html

4. During isolation, it's normal for our brains to race and go into overdrive worrying, which can make you feel worse. Taking a step back and consciously changing your thought patterns can go a long way in reducing stress and anxiety. Engaging in activities you like, and limiting engagement on social media have positive effects on you in ways that can lower your stress.

<https://www.baltimoresun.com/opinion/op-ed/bs-ed-op-0317-coronavirus-stress-cope-20200316-u5vacvgy6zbqvdu2roa3dkdoe-story.html>

<https://www.bbc.com/news/health-51873799>

5. Being stuck at home these days isn't so bad with all the access we have to streaming content, but sometimes we need a break from that. If you or your kids are looking for an alternative, zoos and aquariums around the country are streaming live videos of their animals so you can see what all they are up to in their unique environments while we are away.

<https://zoo.sandiegozoo.org/live-cams>

<https://www.montereybayaquarium.org/animals/live-cams>

6. There is a lot of information out there regarding Coronavirus and it can be overwhelming. Duke has created this excellent resource which collects vital information in one place that is easy to navigate.

<https://sites.duke.edu/covidcommunityresources/>

7. While we are all doing our part to self-quarantine, it can sometimes be lonely to watch movies by yourself. We miss the fun of being able to share movies and tv with our friends and family, but thankfully there are way to watch with your loved ones even at home. Here are a few stream sharing applications that allow you and group of people to watch together.

<https://decider.com/2020/03/16/how-to-watch-netflix-with-friends/>

8. Your mind might be racing during this difficult time and it can be easy to get overwhelmed. We're so used to keeping our mind occupied, but now that we're at home in quarantine, our minds might be wandering more. One often-overlooked coping mechanism is keeping a journal. Studies have shown that journaling can positively affect your stress and mood as well as your immune function. It can also be a fun way to document a very unique time in your life.

<https://intermountainhealthcare.org/blogs/topics/live-well/2018/07/5-powerful-health-benefits-of-journaling/>

9. While there has been a lot of scary news about needing to social distance from other to avoid getting sick, that doesn't mean you can't leave your house at all. In fact, making sure you can get outside to talk a walk and get some sun is vital for both your physical and mental health.

<https://www.insider.com/can-you-go-for-a-run-coronavirus-quarantine-social-distancing-2020-3>

10. While we are at home, we might be racing to come up with things to do to keep us busy all the time, but there's nothing wrong with taking a few minutes to do nothing. Just sitting and breathing can have all kinds of positive effects for you and can help reduce anxiety and quiet your mind.

<https://www.lifehack.org/761526/breathing-exercises-for-anxiety-simple-and-calm-anxiety-quickly>
<https://www.webmd.com/balance/stress-management/stress-relief-breathing-techniques#1>