

# TIPS FOR THRIVING in quarantine

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To thrive is to grow in authenticity with and for others and for a greater purpose beyond the self. Based on this understanding, use quarantine as an opportunity for growth and thriving.



Stay connected and expect change.



Inform your kids that every day will probably be a little bit different.



Align with your spouse, partner, or any adults in the house on your expectations and comfort level with social contact, exposure to media, food consumption, house chores, other priorities, etc.



Plan for a daily family get-togethers to check in on feelings and for updates.



Adopt a spiritual practice as a family—whether meditation, shared silence, praying, or reading a sacred text.



Transition to online schooling—realize this will take some adjustment for kids, teachers, and parents. Prep and explore with the different platforms your children's schools are using



Recognize your kids' needs for connection (especially teenagers)—encourage them to spend their energy on their closest family members and friends.



Recognize your kids' needs for activity and accommodate as you can. Maybe an obstacle course in your back yard.



Recognize your kids' need for fun and humor—and work that into your family's evolving routine.