

Useful and enjoyable!

During this pandemic, it's the time to take time!

TAKE THE TIME TO:

Rest and take naps.

Relax, meditate, do yoga...

Read a book.

Listen to music.

Watch television.

Watch old and newer films and series.

Play board games.

Cook.

Take online courses.

Call relatives, write to them, make video calls.

Get out sports equipment (stationary bike, elliptical bike, skipping rope, mini trampoline, etc.).

Play outside.

Use the garage to create play spaces.

Clean up certain areas that are not usually near the top of the list (clothes closet, play closet, storage room, attic).

Sort photos; peruse photo albums.

Any other activity that takes place in the comfort of your home and allows you to relax.

PSYCHOSOCIAL SUPPORT

Do you have any questions about your health?

Consult a psychosocial worker at your CLSC or call Info-Social (811, option 2).

Main Points

It is important to establish a certain family routine. Do not leave your children on their own all the time. Provide a framework for them and give them some expectations and tasks they have to do during the day.

MAINTAIN A HEALTHY LIFESTYLE

DIET

- Have as many of the three meals a day as possible at regular times.
- Keep your children from eating at odd hours during the day.
- Plan meals to ensure that they provide adequate nutrition.



PERSONAL HYGIENE

- Bathe and get dressed.
Do not spend the day in your pyjamas.



SLEEP

- Stick to a routine at bedtime and in the morning.
- Go to bed and get up at reasonable times.



EXERCISE

- Engage in physical exercise.
- Get some fresh air; go for a walk outside.



Strive for a balance between intellectual and physical stimulation.

Allow time for video games, using the Internet, being active, and going outside.

Adjust your demands on yourself and your children. **Avoid putting pressure** on yourself in this unusual situation.

Share family management so that everyone can meet some of their personal and professional obligations.