

GBS Health & Wellness

How to Help Your Family, Your Community, and Yourself During the COVID-19 Pandemic

Our GBS Health and Wellness team is committed to sharing content and resources to support those working from home and help manage the personal challenges that the COVID-19 pandemic brings.

By helping others, we create a safe and supportive community to weather this storm. Here's a few resources as you help your family, your community, and yourself.

With the on-going developments of COVID-19, GBS is working to keep employers informed.

Please click [here](#) for resources and updates.



► General Tips for the Family

- Keep a regular sleep schedule, with a regular bedtime and wake-up times for the whole family.
- Find projects at home you have been postponing (photo albums to organize, cabinets or drawers to declutter, deep cleaning) and get the whole family to participate.
- Turn cooking into a science/learning activity, discussing the reason for adding things like baking powder, or the nutritional value of vegetables that are being added.
- Continue to get outside for fresh air, go for walks/hikes, or create a nature/neighborhood scavenger hunt or bingo game while being mindful of social distancing recommendations.
- Arrange video chats with kids' friends to keep them connected in lieu of play dates.
- Make cards for elderly relatives and neighbors who are stuck at home.

► Helping Kids

- Create and stick to a daily schedule for when your kids would have been in school, including mealtime, recess or active play time, screen time, reading or quiet time, and schoolwork time.
- If you are not getting schoolwork from your school and need content:
 - [Other Goose](#) is offering free 3-week schooling curriculum
 - [Khan Academy](#) is another great resource for online schooling
- Check out these [at-home activities for kids](#) by Time Magazine.
- [Talking with kids about COVID-19](#): This resource from the CDC covers general principles to keep in mind when talking with children, as well as specific facts on COVID-19 that may be helpful to share.
- [This article](#) by the Child Mind Institute offers more insight on nurturing kids at home.

► Helping Others

Support others in your community through this unfamiliar and difficult time with our GBS [Pay it Forward Challenge](#). See how many items you and your family can complete!

► Helping Yourself

- During a time when much is demanded of you, be sure to take moments for yourself. This flyer on [Savvy Self-Care](#) offers tips to support your total health through physical, practical, emotional, intellectual, mental, and social ideas and activities specifically created in consideration of this time.
- Our [Belly Breathing](#) flyer goes back to the basics, walking through steps to relearn proper breathing techniques we were born with but that many of us have lost. This exercise has an immediate impact on reducing heart rate. Give it a try!