

Prioritizing One Another During COVID-19

Proactive family strategies for the COVID-19 emergency

Embrace the change of pace with gratitude

Creating an agenda as you transition from the workplace to your home may retain a sense of normalcy in your days. However, this may be more difficult to execute than you initially anticipate, especially with young children. With the numerous school and work closures, many families might find themselves in closer proximity than usual. Take a moment to try and cultivate an intentional stance of gratitude, even though this may not be your immediate or initial response. Try to embrace these changes, as they are yielding some much-needed family time in our lives; something that, as a society, we are often starved of. This is an opportunity to reconnect with important people in our lives, practice self-care, and take part in activities for which we would otherwise be too busy.

About the Author



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