



FAMILY LIFE DURING COVID-19

Cecile Brennan, Ph.D., LPCC

EAP Counselor, Moore Counseling & Mediation Services, Inc.

It is in the shelter of each other that
the people live

-----Irish Proverb

Wellness points



- Question: Why is it important to create a schedule for most days?
- Question: What strategies did you learn to assist you with your specific challenges?
- Question: What is “cabin fever.” How can you deal with it?
- Any topic you would like to learn about?

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Thank you for participating!

FAMILIES DURING QUARANTINE

The Good—

More time together

Less time spent commuting

Potentially, more free time

Business casual is now exercise clothes

Nothing open=Money saved



The Bad—“Cabin Fever”

Feeling trapped

Difficulty focusing

No obvious “down-time”

Trouble sleeping/eating



The Ugly—

- Increase in arguing and fighting
- Rise in domestic violence
- Potential rise in sibling rivalry/bullying



Implementing the SECURE Model

- The SECURE model was developed to provide guidance during difficult times.
- One of the primary goals of family life is to guarantee the physical and emotional security of family members.
- The SECURE model seeks to encourage this by focusing on six domains of family life.

Schedule

- Family members need to have a schedule to structure the day.
- The schedule should adhere to the traditional format of daily life: awake at a specific hour, get dressed, eat, engage in productive activities. . .
- The schedule acts as the recipe for the day and should include opportunities for a variety of activities: learning time, work time, alone time, recreational time, family together time.
- Balance is a key word—no one item should dominate.
- Collaborate on the creation of family schedule and of the schedule of any individual family member. Children should help create their schedules.

Engage

- Being at home most of the day can lead to boredom, and in some cases, depression.
- Family members must seek to remain engaged in meaningful activities. This can take many, many, forms from home projects, to learning something new, to engaging in a craft, to connecting online, to working with younger family members on school work or another area of interest.
- Numerous online sites list activities for different ages and abilities—check these out.
- Collaborate/brainstorm with family members on how to stay engaged. Don't leave this to happenstance or luck.
- Don't forget about the need for regular, scheduled exercise!

Converse

- Maintaining open lines of communication is important.
 - This is especially important during times of stress, anxiety and/or change.
- Establish times during the week for family conversations.
 - At least once per week.
- Family conversations vary whether they are exploratory/bonding meetings or problem-solving meetings.

Exploratory / Bonding Meetings

- Conversation Starters
- AHA Parenting
- The goal of these meetings is for family members to learn more about one another AND to empathize with challenges faced by individuals in the family.
- Using “shelter in place” time to enhance family bonds is capitalizing on the difficult situation to strengthen the family.

Problem-Solving/Conflict Resolution Meetings

Conflict Resolution Skills

- **Cooperation:** Get kids to help solve conflict together. It's important that you help them approach conflict in a positive way, and believe that they can work together to solve it.
- **Managing emotions:** It can be really difficult for kids (and adults) to keep their cool in a conflict situation - especially if they feel they're being accused or blamed. Reacting aggressively or withdrawing from the situation are common responses. It can help to take a bit of time out to let everyone calm down before returning to the problem.
- **Empathy:** Teach kids how to listen to, and understand, the needs and concerns of other people. Help them to ask why the other person wants something and consider what it might be like to be 'in their shoes'.
- **Communication:** Learning to speak clearly and respectfully takes practice. You can help kids practice positive ways to ask for what they want: "I would like you to ask before using my things."
- **When enough is enough:** Some issues are too big for kids to work out and the conflict continues to escalate. If the conflicts become very intense or lead to physical aggression, then it is important for you to step in. When a mutual solution is not possible, you can still help your child to think through the alternatives that are available to him or her and choose the best one.

Conflict Resolution Process

- **Step 1.** Help family members see conflict as a problem they can sort out fairly with help. For example, you might say: “It looks like there’s a problem here. I’m sure if we talk about it we can sort it out.”
- **Step 2.** Get each involved person to explain how they see the conflict. Get them to focus on what they want or need, and what their concerns or worries are, rather than blaming the other person. Using “I” statements is important.
- **Step 3.** It’s helpful to restate each person’s concerns so everyone’s on the same page. For example, “So, you’re worried that you won’t get a turn; and you’re trying to make it to the next level of the game and you’re worried that if you stop now you won’t get to it.”

Conflict Resolution Process Continued

- **Step 4.** Get each person to suggest at least three different solutions. For example, “What are some ways to solve this so you can all feel OK about it?” If they can’t think of any, offer some ideas for them to think about.
- **Step 5.** Help participants to arrive at a solution. Develop a timeline for implementing the solution.
- **Step 6.** Congratulate all participants on working through the problem.

Understand--

- It is important for all family members, especially family leaders, to understand that people are under stress and experiencing a wide-range of emotions because of the changes in everyday life.
- Understanding depends on our ability to **empathize** with one another—to feel others' emotions, to identify with them.
- Understanding and empathizing requires that we step away from judgment—people feel what they feel.
- Resist the tendency to personalize the feelings of others or to get defensive.

Cultivating Empathy

- Parenting Science-Teaching Empathy
- Nurturing Parent-Teaching Empathy
- Teaching Empathy
- Summary of Cultivating Empathy
 - Demonstrate empathy for others
 - Meet emotional needs of family members
 - Talk to children about emotions and emotional needs
 - Look for opportunities to “practice empathy”—Give children opportunities to serve others
 - Use stories/poems/literature to illustrate empathy

Relax

- Find ways for the family to relax and enjoy one another.
- There is a reason religious traditions established a Sabbath—a day of rest.
- Set aside a day or two and put in place a more relaxed family-oriented schedule.
- Have activities that all family members participate in together.
- Remember to get outside! Nature is a great healer.
 - Go for a walk or a more strenuous hike.
 - Fly a kite.
 - Pack a picnic.

Enjoy--

- In the midst of everything going on—stop, take a deep breath and realize all that you do have.
- Look for small ways to bring joy into your home.
 - Watch a funny movie.
 - Have a family evening of playing games,
- Verbally express your gratitude to family members and friends.
- Recognize that all that is still valuable about our lives is still present: we can be with and love one another.

Wellness points



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QUESTIONS?

Use chat room---

More personal: Send an email to:

eap@moorecounseling.com



Contact us!

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(216)404-1900 /

Email us at eap@moorecounseling.com

or visit our website at

www.moorecounseling.com



Pandemic---Lynn Unger

What if you thought of it
as the Jews consider the Sabbath—
the most sacred of times?
Cease from travel.
Cease from buying and selling.
Give up, just for now,
on trying to make the world
different than it is.
Sing. Pray. Touch only those
to whom you commit your life.
Center down.
And when your body has become still,
reach out with your heart.
Know that we are connected
in ways that are terrifying and
beautiful.

(You could hardly deny it now.)
Know that our lives
are in one another's hands.
(Surely, that has come clear.)
Do not reach out your hands.
Reach out your heart.
Reach out your words.
Reach out all the tendrils
of compassion that move, invisibly,
where we cannot touch.
Promise this world your love--
for better or for worse,
in sickness and in health,
so long as we all shall live.