



10 Tips for Being in Quarantine With Your Family

Text by Christine Rees • Photo by Sharon McCutcheon



Being stuck in quarantine with your family can feel like a good and bad thing at the same time. For your sake, try to make it a positive experience.

Since we lead busy lives, this might be the most time you spend with your family. So, enjoy the moments together while you can. Unfortunately, we all know that close proximity can lead to tension, frustration, and annoyance with loved ones. Make the most out of being in quarantine with your family by using these tips!

Individual Space

Find your own space *within the space*. This could be your little haven for reading, binge-watching, or just chilling. It's important to have a spot that you consider your own because you'll need that refuge. Alone time is beneficial for everyone, so you don't get at each other's throats for simply being there all of the time.

Routine

Building a routine is *essential*. This maintains a semblance of normalcy in this otherwise unprecedented circumstance. So, start your day around the same time and follow a routine. If you're not sure how to create a productive pattern, read How to Create a Learning-From-Home Routine.

Family Bonding Time

If you're physical distancing under the same roof as parents and siblings, take advantage of this closeness. Introduce a game night or movie night with the family and bond with them!

Have Meals Together

It's easy to get caught up with school work and socializing. However, now that we're all told to *stay home*, let's make the most of it. Sit down and eat meals together. Cook together. Try something new!

Animal Videos

Who doesn't love fluffy little animals? There are tons of adorable videos of them online!

Headphones

If you're sharing a home with parents and siblings, the noise level may reach new heights. Instead of allowing this to annoy you, grab a set of headphones and block it out. Even if you aren't listening to music, use them to concentrate on school work.

Backyard

The weather is getting warmer! If this is available to you, sit in the backyard and soak up some Vitamin D while physical distancing. The natural light can boost your energy levels and happier emotions.

Exercise

Find ways to release your pent-up energy. There are tons of *free* workout videos on YouTube as well as apps that can motivate you to move and stretch those muscles at home.

Stay Connected

Let's be real here. Friends are your life support. So, stay connected through group chats, Facetime, and calling! Microsoft Team Meetings, Zoom, Skype, and Webex are also great. Now is not the time for texting. When things are feeling rough, talk about it with your peers. They're likely to relate.

Respect Each Other

You're all in this together. Therefore, respect what other people are doing around you. After all, some parents are working from home and some siblings might need to study. Make sure you offer them time to get their things done without distractions. Also, respect their individual space—we all need it.

The best part about being in quarantine with your family is getting to know them better. By following

these tips, you can spend more time together while also respecting and offering space where necessary. We can get through this!

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