



# Helpful Tips to Create a Peaceful Space in Your Home

- **Set a limit on the news**- take breaks from it as it builds anxiety and takes your attention away from your children
- **Take this opportunity to learn something new**- alone, with your children, or even as a family
- **Make time for self-care** - do something that's just for you, brings you joy, you deserve it
- **Find new ways to connect with others**- send a letter or postcard to a friend, call or virtually check in on relatives and friends
- **Communicate and be honest**- talk and share it out, be honest with all your emotions, and if something did not work, restart and hit the refresh button
- **Hug it out**- be kind to self and others and when you're not- apologize, hug it out, and move on

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