

**COURSE CAPACITY BUILDING OF FAMILIES
ON HAVING PERSONS WITH DISABILITIES**

**Role of an individual family member in
dealing with stress during
lockdown/quarantine**

SERIES - 3

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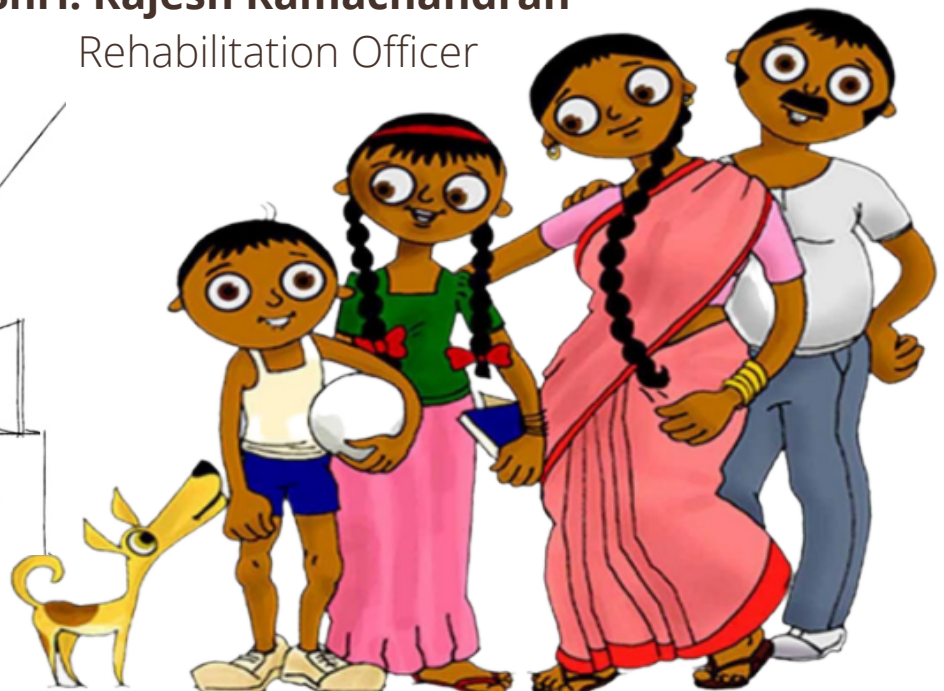
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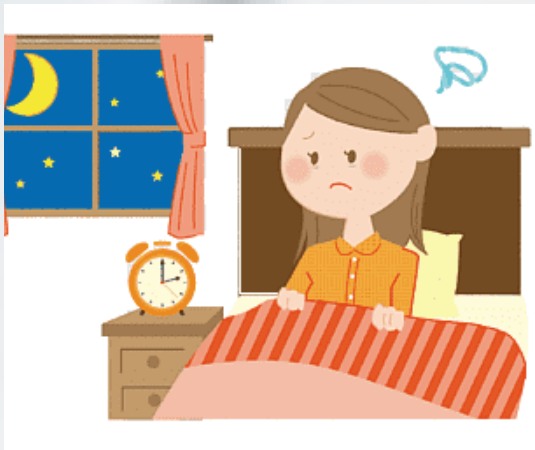
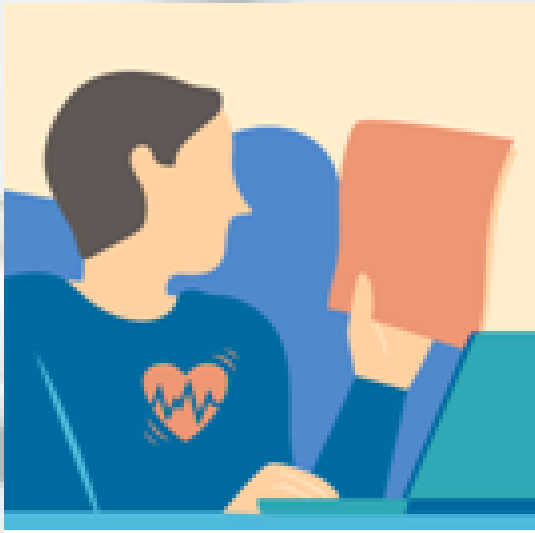
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Role of an individual family member in dealing with stress during lockdown/quarantine



COVID-19 pandemic spread, put us into the situation of self-isolation or quarantine. This can be a difficult time for all of us especially when we hear news about the disease across the globe. Almost every individual would undergo fear, anxiety, and stress. Widespread of the infection is associated with psychological distress. In this present scenario, all we need is adequate knowledge and pro-activeness to safeguard ourselves and our beloved family in a healthy manner.

Importance of Quarantine

Quarantine helps us to be safe and prevent this disease “not only us but the family and others”. Sheltering in place during community lockdown may protect you and your kids from the risk of infection.



Dealing with self-isolation

Staying home would be nice for sometime but when days pass we start to feel bored and stressed which leads to many emotions including anger, annoyance, disappointment, and frustration.



Here are some tips to handle self-isolation.

- ❑ Prepare a schedule for daily routine and stick with the schedule.
- ❑ Spend time with children and play with them
- ❑ Keep the house clean and neat.
- ❑ Reduce watching the news(unnecessary news) rely on the authentic source.
- ❑ Be supportive of your family members' help/share their work.
- ❑ Spend an hour on your fitness like yoga,meditation and exercise at your home with available resources.
- ❑ Spend quality time with your family

A Daily Schedule to Keep You Learning!

9:00	Rise & Shine	Get breakfast, make your bed, get ready for the day. By your morning check-in it should have 10 items from your list!
9:30	Morning Creativity	Do something creative! Write a story, draw a picture, or create a craft. Create a poem.
10:00	Academic Time	Complete reading assignment, write a paragraph, or learn a new word. Watch a learning video or read a book.
11:00	Get Active!	Play Outside with friends. Watch a video that is both educational and fun. Do your best at a sport!
12:00	Lunch Time	Get lunch and have a little bit of down time!
1:00	Academic Time	Complete math assignment, watch a learning video, or write a letter. Do your best at a puzzle or game. Watch a video that is educational.
2:00	Me Time	Watch a learning video. Listen to a podcast or audiobook. Watch a video that is educational.
2:30	Tech Time	Watch a learning video. Listen to a podcast or audiobook. Watch a video that is educational.



Challenges which lead to stress during the lockdown The most common things are an imbalance between the demands of family and the ability to deal with those demands.

Balancing work and house chores.



Financial crisis



Health concerns



Quality of relationship.



Unwanted demands:- smoke, alcohol, and drugs.



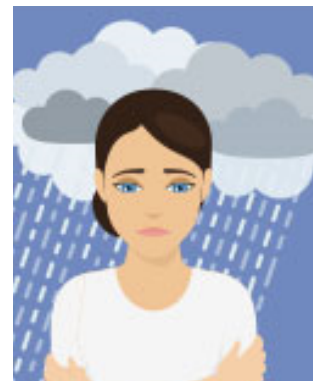
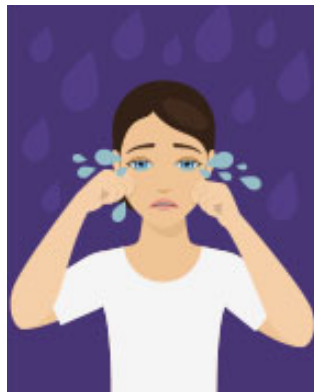
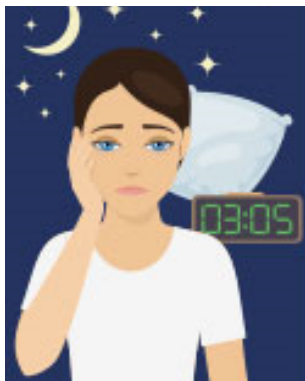
Child care: children with special needs.



It is important to remember that what stresses one family may not be a stressor for another one. Some families manage well and positive and some may find it difficult. Recognizing the family with less coping can be supported by educating them to focus on the available resources and building capacity to deal with it is the most important.

Coping mechanism for individuals within the family

In short, families under lockdown are very likely to develop a wide range of psychological stress and disorder, including mood swings; insomnia, stress, anxiety, and irritability are a likely experience at this scenario.



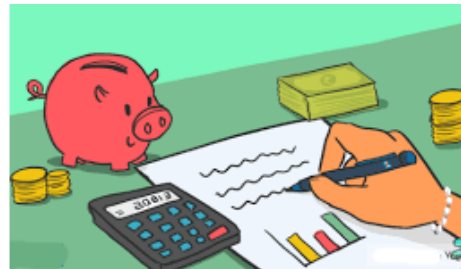
It is quite normal and managing your mental health and psycho-social well-being is more important as managing physical health.

Parents

Parents who deal with stress in unhealthy ways result in passing those behaviours on their children. Parents who cope with their stress in healthy ways can promote better adjustment and happiness among their families.



Financial crisis leads to stress on parents especially managing a family is a difficult task at this time. Parents can prioritize their necessities/ wants and reducing the desire will help to cope up with their stress.



Talking about the current situation to the child is most important. Having a regular conversation can help a family work together to better adjustment. Creating a healthy environment- cleaning and keeping the home environment protective, neat, and safe, this helps to reduce the fear or anxiety about the infectious disease.

Avoiding substance like cigar, alcohol, drugs which helps you to rejuvenate your immune system and leads to the happy and quality life.(if you find difficult consult professionals to manage your cravings)



Healthy routine:

changing lifestyle would be the difficult one but life has given a golden opportunity to make a healthy routine in life, like eating healthy homemade food, spending time with family and understanding family members, playing with them, watching movies with family at home and a lot more. Changing takes time but focusing on those things helps to reduce stress and strengthen the family relationship.



CHILD CARE

Children may express their stress in different ways like anger, aggressive, stubborn, agitated, fearful, and anxious. The entire child in the universe needs two things one is attention and another one is affection. Parents should respond to their children according to their necessity.

Here a few point to overcome the stress

- Respond to the child in a positive and supportive way.
- Provide a safe secure environment.
- Listen to them and respond accordingly.
- Pay attention and spend time with the child.
- Keep schedule for the routine.
- Educate them to be healthy and maintain hygiene.
- Make a schedule for exercise and yoga.
- Use encouragement and reward in every activity and teach them the right and wrong.
- Make them laugh which helps in strengthening relationship.



TIPS:

MANY INDOOR GAME/ACTIVITIES ARE AVAILABLE IN YOU TUBE FOR CHILDREN SUCH AS PUZZLES,HIDE AND SEEK, STRAW GEMS GAME, GROSS MOTOR AND FINE MOTOR ACTIVITIES.

We know how difficult it is to manage the children especially children with special needs. if you face any difficulty seek support from the organization and professionals

Senior Citizen

Stress is part of life at any age. Senior citizen still feels stressful situation as they age such as experience mood swings, memory problem, lack of concentration, health complications, change in sleeping pattern, headache, fear, and anxiety. Comparatively, senior citizen faces an increased risk at this point of time.

The proper way of coping stress is much more essential at this current situation.

- Taking proper medication/insulin as per the advice of doctors,
- Build their emotional support by accompanying and with positive words.
- Eating healthy food and sleeping on time to be practiced
- Spend time with family.
- Relaxation and exercise are useful to reduce stress.
- Encouraging hobbies like listening to songs, spiritual talks, reading, etc.
- Provide a peaceful environment.
- Conversing with relatives by using technology (Phone and Video call etc)
- Regular monitor helps to reduce their stress.



While these efforts are useful and a lot more to be addressed. Senior citizens are more like a child, attention, love, and care to be given at the right time.

Conclusion:

The World Health Organization (WHO) has also highlighted the importance of encouraging mental and psychological well-being during the COVID-19 outbreak, stressing “this is not going to be a sprint, but a marathon”.

Change as to be from an individual, then to the family then comes society. Each and every one are important; taking care of self will help to promote positivity to others. As a human, we cannot change the thing which we cannot but we can accept and move further can build the confidence and courage to lead a healthy and happy life.

If still the situation is worsening in your family consider seeking help from a health care professional or trained professional to help you develop strategies to manage stress effectively.

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