



Canadian Mental  
Health Association  
Manitoba and Winnipeg  
Mental health for all

Association canadienne  
pour la santé mentale  
Manitoba et Winnipeg  
La santé mentale pour tous



years of  
community  
ans dans la  
communauté

## Maintaining Family Well-Being

With families being together 24/7 and routines disrupted, there are competing demands for attention and over all stress levels increasing in households around the world. Here are some tips for maintaining family wellness through this challenging time:

**Limit news:** It is hard to tune into any media and not be exposed to COVID-19 news. Try to limit the amount of time news is broadcast in the home. If you are feeling the need to check in, make a daily check in time to a reliable source. Also try not to tune in right before bedtime as it can affect everyone's ability to sleep.

**Create ground rules:** Hold a family meeting and allow each person to have input about expectations of time, behaviour, activities and chores. Try to include a clause handling requests for individual or quiet time. Does a person need to have the house to themselves for 20min? Is there a space in the house one can go to be by themselves without being disturbed for a set amount of time?

**Create structure, purpose and routine:** In uncertain times, families can use structure and routine to create daily goals and give a sense of purpose, benefiting everyone's mental health. As a family, try making charts for daily activity schedules such as schoolwork and break times as well as chores such as sweeping or meal prep. Consider adding in family activities like board games, puzzles, or group walks to encourage positive connections.

**Use apps that allow face to face connection or phone people regularly:** Social distancing and isolation can be especially hard on extended family or children who are now cut off from friends. It is so important that we see and hear our loved ones when we can't be with them in person. Try using apps such as Facetime, Whatsapp, Google Hangouts and Skype to visit, play games, or even have a shared family meal!

**Keep up physical wellness:** It is important for each member of the family to maintain physical and mental wellness. The three most basic ways to do this are to eat well, get quality sleep, and exercise every day. These can be part of the structure of the day and become part of the family routine. It is a good idea for parents to model these behaviours so kids understand its importance in the family.

**Be quick to apologize and forgive:** With increased stress and being together in one space for long periods, it is expected that people might be irritable and short tempered at times. Encourage all members of the family to talk about how they are feeling and about how to recognize if they are needing a break. If we lose our temper, we need to be kind to ourselves and understand that it is the result of the situation, apologize and talk it out. If you are on the receiving end, try to forgive and recognize that it isn't necessarily about you.

The CMHA **Service Navigation Hub** is the first contact to all our programs and services as well as provide navigation to a multitude of community supports. You can reach them directly at: 204-775-6442 or email at: [hub@cmhawpg.mb.ca](mailto:hub@cmhawpg.mb.ca)

Visit: <https://mbwpg.cmha.ca/cmha-service-navigation-hub/> for more detailed information on the support a Recovery Navigation Specialists can provide as well as other crisis supports within Manitoba.



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