

Take a well-being break

Turn family time into quality time

With schools closing and jobs changing, balancing all that family time at home with other priorities can be overwhelming. We understand. You're handling a lot, 24/7. These tips might make it just a little easier to adjust to having everyone home all the time:



Set expectations. Talk with your family about how they can pitch in to make this situation work well for everyone. For example, you may have to set aside time to get work done while your kids take some quiet time for reading.



Create a routine and stick to it. Get up and start the day as you normally would.



Get active. Exercise helps boost mood. So try to make time for it each day. Encourage your children to go outside as much as possible (but not with others). Look for at-home workouts or challenge each other with jumping jacks.



Set daily goals. Tackle your to-do list together and cross off things you've been putting off, like cleaning out closets.



Give them space. Give them space. Everyone needs a little breathing room and some "me-time."



Use this time to bond. Watch more movies as a family, play games or learn something new together, like trying a recipe or drawing.



For extra support

If you need more help, you have options:

- Your company's **Employee Assistance Program (EAP)**; or
- Your **primary care doctor**; or
- **Telehealth resources** – offered online, via phone, and through mobile apps – focused on mental health and emotional wellness; or
- **1-800-985-5990**, a confidential national hotline for crisis counseling from the Substance Abuse and Mental Health Services Administration. It's toll-free and available 24/7.