

OHIO'S VOICE FOR SUICIDE PREVENTION



OSPF

Ohio Suicide Prevention Foundation

— OhioSPF.org —

We are here for you!

We know that times are tough right now, but we want you to know that we are here for you! We asked around and found some great ideas to help you not feel so lonely while practicing safe social distancing. If there is anything we can do for you please reach out to us, as we continue to work remotely. You can follow us on social media, or email us directly. We will get through this because we are **#StrongerTogether**.

Helpful Tips and Links For Quarantine

Homeschooling:

1. **Make a schedule.** It's okay if you don't fully stick to it. But plan out when to do different activities, and don't be afraid to use a timer.
2. **Let your child have a say.** Give them a choice of 3 things and let them pick what to do. It gives them a sense of control during a time when many people don't feel in control.
3. **Pick a spot.** Choose somewhere in the house to be a designated "school center". Take out distractions and allow it to be a place you can completely focus.
4. **Don't forget about recess.** Remember that kids get a break at school too. Help them burn off some energy and allow them some free play, or set up an obstacle course.
5. **Quiet time.** Remember your kids could need some space from you too. Give them some time to do some "silent time". Do they like to read? Draw? Listen to music? Let them pick where they will do their "me time" (and take advantage of the silence).
6. **Lessen expectations when you can.** It can be a confusing, tough time for your kids as well. Allow them some grace and don't get frustrated if everything doesn't get done right away. [CLICK HERE](#) for free printable worksheets.

get help

NO SCHOOL FUNCTIONS WITH JUST ONE TEACHER.



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KEEP A REALISTIC ROUTINE



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Working From Home:

1. **Set your alarm.** You don't have to wake up as early as you would if you went into the office but you should keep yourself accountable and on track by waking up at the same time every day during the work week.
2. **Allow yourself some grace.** Many of us are working at home with kids and spouses. Remind yourself it is okay to take several breaks throughout the day.
3. **Make a to-do list.** Write out all of the major tasks that you want to focus on, or need to be done by the end of the week. It gives you a visual and you get a sense of satisfaction when you cross something off the list.
4. **Set boundaries.** Let others know when you are working to limit the amount of distractions throughout the day.
5. **Set a limit.** Once you close that computer, or put down the pen turn work mode off. Drawing a line between work and personal (while all being done in your home) helps you leave work at work.

Making Time For You:

1. **Meditate.** You can search guided meditation playlists on Spotify or find an App that works for you
2. **Stay active.** Gyms and groups are offering many virtual classes through zoom or facebook, don't be afraid to join in!
3. **Treat yourself.** It can be easy to forget about how much you are doing. Buy that shirt you've had your eye on, look up DIY facials and other self care ideas. Be sure to reward yourself with something that brings you joy and relaxation weekly.
4. **Learn a new hobby.** From yoga, to baking, to guitar playing set time aside each week to practice your new hobby that makes you happy.
5. **Get (virtually) social.** Just because you cant leave your house doesn't mean you cant hang out with your friends. Schedule a Zoom, Skype, Google Duo, or FaceTime call with friends. You can all get together for happy hour, coffee, watch your favorite show together, or play a game.



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Keeping Kids Entertained:

1. **Take a virtual trip to the zoo.** Check out [Columbus Zoo and Aquarium](#) on . Youtube for different animal videos and chats with different zookeepers. Follow the [Cincinnati Zoo](#) on



PLAN A VIRTUAL playdate

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Facebook and catch their Home Safari Facebook live weekdays at 3pm EST.

2. **Build a fort.** Find an open space to make the fort safe and stuff the inside with extra blankets and pillows. Your kids can use the space as their imagination runs wild. (Roasting marshmallows during a camp out, star gazing, a secret spy hideout)
3. **Art projects.** Reusable sticker books, activity books, coloring pages, diamond painting; your possibilities are endless and when you need some help getting creative turn to [Pinterest](#).
4. **Keep a healthy balance.** Things have changed since you were in school. Youth are using smart boards, and tablets in schools at a young age. Allow them to continue to use them at home, but don't let them be parked in front of a screen all day.

Grocery Shopping:

1. **Plan ahead.** Find a handful of recipes you want to make and from them create your grocery list
2. **Utilize pick up or delivery** at your local stores when you can. Keep in mind many will have a longer wait due to high demand.
3. **Make the trip out worth it.** If you have to go out to the store be sure it is not just for one thing. While at the store be sure to keep a safe distance from others.
4. **Take the stress out of cooking.** Crock pots can come in handy when you've got a plate full during the day. [CLICK HERE](#) for 25 easy crock pot meals. TIP: grab crock pot liners for easy clean up.
5. **Offer a helping hand.** If you are taking a trip to the store and know of someone who cannot get there offer to pick up some groceries for them and leave the items at their door.

get creative



SUBSTITUTE INGREDIENTS
WITH WHAT YOU ALREADY
HAVE

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Top Shows on Netflix:

Let's face it, we're all doing it. Here is a list of some shows we are currently enjoying.
(descriptions are from [Netflix](#))

Keiko's Pick:

Tiger King TV-MA

Meet Joe Exotic, the toting operator of an Oklahoma big cat park. he's been accused of hiring someone to murder his chief rival, Carole Baskin.

Jason's Pick:

The Witcher TV-MA

Geralt of Rivia, a mutated monster-hunter for hire, journeys toward his destiny in a turbulent world where people often prove more wicked than beasts.

Michelle's Pick:

Great British Bake Off TV-14

A talented batch of amateur bakers face off in a 10-week competition, whipping up their best dishes in the hopes of being named the U.K.'s best.

Tony's Pick:

Comedians in Cars Getting Coffee TV-14

Jerry Seinfeld's roving talk show combines coffee, laughs, and vintage cars into quirky, caffeine-fueled adventures with the sharpest minds in comedy.

Younger Kid's Pick:

Puffin Rock TV-Y

Life is sweet on beautiful Puffin Rock, where puffling Oona, her baby brother Baba and their pals learn about nature, friendship, and family.

Older Kid's Pick:

Archibald's Next Big Thing TV-Y7

Happy-go-lucky chicken Archibald may no remember to do his chores, but he never forgets to have fun. After all, life is an adventure.



Let's chat!

Looking for some human interaction? Join us live every Friday on Facebook and Twitter. Executive Director, Tony Coder, and Communications Manager, Keiko Talley, invite you to a safe space to interact with others, talk about feelings, share ideas, and ask any questions you may have. Got a topic you'd like to discuss? Let us know!

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