

Occupational Therapy: EMBRACING CHALLENGES, ENHANCING LIVES

Does Covid-19 have you fearful to leave the home?

If you live in an apartment complex and have to go through common areas or just feel anxious to go outside, then know that the fear and anxiety is expected for the current situation. As long as you do not let fear and anxiety disturb your normal routines then you can find innovated ways to do your everyday living in a new exciting way right at home. Right now, you should limit unnecessary social gatherings per federal and local orders. If you must run to the store for food or medication, then just remember to wash your hands, keep 3-6 feet between you and the next person, and do not to touch your face. If all you wanted was to have the kids get out of the home, but we are fearful that walking through the hallways of the apartment building may expose them then bring the outdoors inside!

To take your family outside or if you just wanted to escape, then try this instead:

1. Find a sunny window in your home and an activity you would like to do (alone-reading, family- board game or picnic)
2. If weather allows, open the window and set-up the chosen activity.
3. Enjoy the game, picnic, book, etc. while getting the warm sunlight and fresh air with loved ones.

Just because physically you might be restricted by your current living situation combined with fear from the news headlines, does not mean you cannot pretend to be outdoors as in the activity above. Your kids will love the eating on the floor as a family, and if you do not have kids, your mind will love the imagination.



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