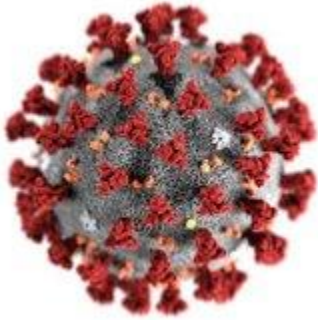


# When I Have to Stay Home



This book is intended to help explain the reasons for staying home instead of attending adult day programming during the COVID-19 pandemic.



There is a virus going around. It is called the COVID-19 or Coronavirus. It makes some people sick.

They might have a cough, sore throat, runny nose, a fever and it can be hard for them to breathe.

So, for a while I have to stay home. I can't go out to my day program, or go volunteer, or visit the fun places I like to go to. That makes me a little sad, but the important thing is that it will help me stay healthy. It will help others stay healthy too. I do like to help others.



While I am at home, I may have different people come to help me. I know that is a change, but everyone is doing their best in a new situation. I'll do my best to be patient and get to know them.



I know that I am safe when I am at home. This will not last forever and I will be able to go out and see my friends and family again.



Usually during the week I am not home all day long.

This is going to be different for me and might take a little time to get used to. I might have a lot of different feelings.

Maybe I will have some or all of these feelings over the next few weeks. That is OK. If I need to talk to someone at my house about how I am feeling, I will.





If I feel upset with all these changes, I can try to calm down by choosing something to do. Here are some ideas:

## SIX WAYS TO PRACTICE GROUNDING

with anxiety + intense emotions



### body

lay on the ground, press your toes into the floor, squeeze playdough



### 5 senses

wear your favorite sweatshirt, use essential oils, make a cup of tea



### self-soothe

take a shower or bath, find a grounding object, light a candle



### observe

describe an object in detail: color, texture, shadow, light, shapes



### breathe

practice 4-7-8 breathing: inhale to 4, hold for 7, exhale to 8



### distract

find all the square or green objects in the room, count by 7s, say the date



THE GROWLERY

When I am calm, I can ask questions, watch a movie, call or video chat with friends. I can do a puzzle, a craft or another activity that I like.



While I am at home, I can help everyone stay healthy by washing my hands regularly, cleaning surfaces that are touched often, and by staying a safe distance from others.

The staff at my home will help me remember these things.

