

# 10 TIPS FŌRFACING QUARANTINE

The uncertainty and the necessary break during these days can easily bring about discouragement, boredom, apprehension and fear...

Here is an adaptation of the advice Saint Josemaría offered when he and others were besieged by war: maybe it can help you cope better during the days ahead.

## 1 BE ŌPTIMISTIC

God is allowing this situation for something, so to try to approach it with supernatural outlook, good humor and hope.

## 2 HAVE A SCHEDULE

Make a schedule to make better use of your time. Don't miss out on days that could be very enriching.

## 3 DŌN'T WASTE TIME

Avoid overusing technology to "pass the time."

## 4 LEARN SŌMETHING NEW

Today could be a good day to practice a new language, try out a recipe or start an online course that's been pending for a time.

## 5 PRACTICE HŌBBIES

Take the opportunity to practice a hobby: music, reading, writing, sports (better outdoors).

## 6 PRAY WITH MŌRE CALM

Moments of physical break can become moments of great inner growth, if we want them to be.

God never leaves us alone!

## 7 HAVE GŌŌD CŌNVERSATIONS

With those who are near, or –thanks to phone and video conferencing– with those who are far away.

## 8 BE A SUPPŌRT

Support those around you: fear and boredom are great temptations.

Try to notice the needs of others who are more vulnerable than you.

## 9 KEEP CALM

Try not to focus on the negative side of things, and be grateful for all the good around you.

## 10 SAY YŌU' RE SŌRRY

Living together with others under quarantine is often complicated, so make sure to make amends with others when frictions arise.