

Ideas for Life

*“This is the day that the Lord has made;
let us rejoice and be glad in it.”*

- Psalm 118:24 (NRSV)

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Words from Rev. Dr. Kate Wiebe, Founder and Executive Director of the Institute for Collective Trauma and Growth:

At home for a while?

You may have seen memes on social media, depicting personality traits who love routine, love practicing good hygiene, or love cozying up alone, and how much they are enjoying the COVID-19 predicament right now.

Not only is that an exaggeration for some, but those memes don't account for significant portions of the population for whom these next few weeks can be extremely trying.

If that's the case for you, or for the people around you, here are some helpful tips for reducing experiences of anxiety or depression, and increasing senses of fulfillment.

Practice Routine

Make a daily schedule for yourself, and invite anyone else in your household to do the same, that allows for time to work or conduct school from home, have or share meals, and use additional time for exercise, staying connected with community through phone or online, cleaning, practicing your faith, or catching up on hobbies or house projects.

While it may feel strange for some people to actually plan these practices out, especially if you experience being at home during hectic work or school schedules ordinarily only as times for cleaning, sleeping, or leisure, you will benefit greatly from creating some order out of the chaos of suddenly being at home for significant amounts of time.

Attend to Your Mental, Emotional, & Spiritual Health

Don't be surprised if you find yourself feeling overly tired or fatigued. In the last week, especially, the news changed rapidly. And that's just related to COVID-19. No doubt, personal news in your own life developed as well.

Remember to practice habits that help you [pace and nourish yourself](#). This will not only help you maintain health but will help you be available to supporting others as well.

Hydrate

Eat healthy meals and snacks

Move – take walks, run, hike, or bike; stretch

Pray or meditate

Talk or write with people with whom you feel a sense of belonging; reconnect with people you care about but with whom you have lost contact; start up new connections

Take slow deep breaths, and relax your body throughout the day

The Lord's Prayer

Our Father who art in

Hallowed be Thy name

Thy kingdom come, thy

On earth as it is in

Give us this day our

And forgive us our

As we forgive our

And lead us not in

But deliver us

For thine is the kingdo

And the glory, no

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