



Real-time Resilience Strategies for Coping with Coronavirus.

Not Killing _____: Staying Sane and Kind with the People in Your Bubble

Isolating at home has its challenges. Much as you love them, your co-bubblers can frustrate and irritate you. And sometimes, it's you not them. Write up your strategies to stay sane and kind. Put them somewhere you'll see them e.g. fridge, your quiet space, bedside table.

1. **Lower the bar:** what things will you accept that you normally complain about?
(e.g. shoes in the living room, dishes on the bench, toys on the floor)
2. **My early warning signs:** what lets you know your frustration level is on the increase?
(e.g., saying 'could you just...', 'why does no one ever...', resenting questions)
3. **What calms and restores you?** (e.g., walk, green space, sleep, music...)
4. **My quiet space is:**_____. Give everyone in your bubble a quiet space and promise to respect each other's peace when you go there.
5. **What's best about _____?**

The kindest thing they ever did...

What I'm most proud of about them....

My favourite memory of them...