

COVID-19 and patients suffering from Rheumatic Musculoskeletal Diseases



How to live better during this containment period

Organise your own containment

- I maintain a good rhythm by making sure that I structure my daily and family life
- I maintain or set up a daily exercise program
- I stay informed, but I'm careful not to increase my anxiety and worry by limiting my exposure to TV and radio news and internet reports
- I relax with activities that I enjoy (*meditation, yoga practice, reading, painting, playing music...*)
- I pay attention to myself, I feel my emotions and I express my emotions
- I maintain or improve the attention I pay to my overall lifestyle (*food, body, quality and length of sleep*)

Adjust to containment as a family or a couple

Listening to my children

- I maintain a safe and caring environment
- I explain the situation simply, answer their questions and I pay attention to their concerns
- I help them to talk about their emotions with activities as playing, drawing...
- I maintain a similar routine for my children (*waking time, resting time, meals, teaching time, playing time...*)

Listening to my partner

- I take the opportunity this situation gives to have more time to talk and listen to each other, and build intimacy and strength in our partnership

Take care of your family, friends and close relatives



I find opportunities to share and keep in touch. I call, send emails and text. I use social networks



I plan videoconferences (*Skype, WhatsApp, FaceTime...*)



I pay attention to my close relatives and neighbours or people who I know are isolated. I ask them what I can do to help and what they need

Suggestions for how to structure my days



Spend time together in collective activities
(meals, games, family discussions)



Include some contact with people outside my household, especially if I am confined alone (explore social networks, SMS, calls, video conferencing...)



Set some time for myself
(reading, taking care of myself, meditating, doing simple things I enjoy...)



Set aside time for children to do homework, educational tasks, physical education

Set aside time to spend as a couple



Set up a physical exercise time
(you could do this together)



Choose a set time, just once or twice a day, to monitor the news



Keep some time dedicated to maintaining a pleasant home environment
(housekeeping, sorting, tidying up, DIY...)



For more information

- **French Guide** « **Petit guide du confinement en famille** » by Louis BONLARRON and Clémence GARNIER : http://www.polyarthrite-andar.com/IMG/pdf/guide_confinement_en_famille.pdf
- **World Health Organization** « Mental Health and Psychosocial Considerations During COVID-19 Outbreak » 12/03/2020 by Dr Astrid CHEVANCE and David GOURION : http://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf?sfvrsn=6d3578af_8
- **SAMHSA (Substance Abuse and Mental Health Services Administration)** by Dr Laetitia JAMET, revised by Dr Astrid CHEVANCE and Fabien VINCKIER : www.encephale.com



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