

MILIEU Therapy For HOME-BASED SOCIAL ISOLATION

Purpose: Creating a new milieu (middle ground) in your home during social isolation / stay at home notices for your family allows you to regain control of your environment as a benefit to forced changes in your daily routines (ReGain, 2020).

UNHAPPY HOME



Is your home crowded with people and children that would normally be at school or work during the day? Are you getting on each other's nerves? Is there a mad scramble to grab dedicated space for the day in your home? **You might want to consider changing the milieu of your home environment** to add some fun and new rules to promote happy stay at home social distancing!

Here are some tips for creating a new milieu in your home during social isolation / stay at home notices for your family:

1. **Consider visual boundaries** of new spaces made by duct tape on the floor, a row of stuffed animals, or blankets/curtains hung on clotheslines with clothespins.
2. **Shake up the spaces in your home!** Decorate an area with beach themed items, or create an indoor garden space to start your Spring vegetables and herbs, or dedicate a space to exercise equipment. These are great spaces for time out and for home schooling activities!
3. **GET OUT OF YOUR PAJAMAS!** And get dressed in street clothes everyday by a designated time. You can bring fun to this by having color-themed or style-themed days with your family. Children could identify the themes for you.
4. **STOP WATCHING THE NEWS AND PUT DOWN THE TECHNOLOGY!** It's time to come close as a family with board games, reading together, doing homework together, sewing, crafting, faith and prayer, or exercising together.
5. **Anticipate** that you might have to **"dialogue"** with those **around you** in your home. If work, and school, and parenting collide...consider setting a fun, relaxed, schedule of breaks (with or without ice cream sundaes) to dedicate time to family members. It is easy to be consumed with online activities. Do you eat at the table or in front of the TV? Switch it up to change the milieu!



HAPPY HOME

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