



## How To Make Your Quaranteam Even Better

### 1) Be gentle on yourself and others.

None of us know how to do "pandemic." This is really hard for most people.

Even if you and your loved ones have more than one sweetie during this unique time, there is still a lot of stress & anxiety in the general field. This free-floating stress can have an effect on our moods and our ability to cope a lot more than we realize. So take it easy on yourself and try to have a lot of compassion for your beloveds.

### 2) Hold regular check in meetings.

Find a time for your quaranteam to meet regularly. Weekly is ideal, but at least monthly. It can be a virtual meeting if necessary. In this meeting, give everyone a chance to speak for 5-10 minutes. Here are the things each person can touch on during their speaking time:

- A) A general update on how you are doing in that moment
- B) Honesty is the best policy -- Reveal whether you have had any risky contacts with other people since your last meeting. Describe those contacts. Have you broken any other agreements?
- C) Tune into yourself to see if you want to make any requests from the group, i.e. changing the group agreements.

After everyone has had a turn to speak, allow for group discussion about what was said. Be sure you address any requests that were made. There may need to be some negotiation. If things get too tense between one or more people, ask for one of the other members to mediate. Don't hesitate to hire a professional if you need group mediation.



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### **3) Take turns creating fun things for you all to do together.**

Designate one person each month to be the activity planner. That person will come up with an idea and invite the “team” to participate. Take advantage of this bubble you have created and enjoy yourselves! We need all the joy we can get right now!!

Much love and good health to you,

*Sumati*

P.S. If you need any additional help with making things work smoothly in your quaranteam, feel free to reach out to me. I offer a complimentary 45-minute consultation to qualified people.

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