

HELLO AGAIN!

I'M MARCELLIN CHAMPAGNAT



I BRING YOU SOME TIPS FOR
STAYING HOME DURING THESE DAYS

BASED ON
CPPLPDC OF ELENA SAN MARTIN

 MARIST

**WHEN WE HAVE
TO SPEND SEVERAL DAYS
LOCKED IN
AT HOME,**



**OUR MOOD CAN BE AFFECTED AND
OUR EMOTIONS CAN START TO
GET US IN TROUBLE.**

THAT'S WHY I'M INVITING YOU

TO FOLLOW THESE SIMPLE STEPS.

WE CAN ALL DO IT!



 MARIST

AVOID TOO MUCH INFORMATION

NO MORE INTERNET FOR TODAY



IT'S GOOD TO BE INFORMED,
BUT WHEN WE SATURATE OUR
MIND WITH NEWS (SOME FALSE)
IT MAY CAUSE ANXIETY.
THAT'S WHY, TRY TO READ OR
SEE NEWS ONLY ONCE A DAY
AND AVOID
SENSATIONAL HEADLINES.

REMEMBER THAT THE NEWS ON
SOCIAL MEDIA ARE NOT ALWAYS
TRUE, BUT IF FOR ANY REASON,
THE INFORMATION MAKES YOU
AFRAID OR NERVOUS,
TALK WITH YOUR PARENTS OR
SOME ADULT WHOM YOU TRUST.

THINK AND ACT POSITIVELY

BAD NEWS

CAN MAKE US BELIEVE THAT
EVERYTHING WILL BE BAD BUT
THIS IS NOT SO. OFTENTIMES,
THE BEST THINGS CAN ARISE FROM
GREAT CHALLENGES.

TRY TO STAY POSITIVE.

SMILE, SING, LEARN SOMETHING NEW
AND ABOVE ALL REMEMBER THAT
BEING AT HOME, IS THE BEST WAY TO
BE IN SOLIDARITY
AND SAVE MANY LIVES.

YES YOU CAN!



BEING AT HOME AND HAVING
PAUSED YOUR REGULAR
LIVES WILL ALLOW YOU TO
SPEND **A LOT OF TIME ALONE.**

GIFT YOURSELF **10 MINUTES**
TO MEDITATE EVERY DAY
AND BE ABLE **TO CONNECT**
WITH YOURSELF.

THE BEST WAY TO KEEP CALM
IN THE STORM, IS **TO ACHIEVE**
INNER PEACE.

DOING THIS CALMS ME



**GIFT A FEW MINUTES
FOR YOURSELF**

STAY CONNECTED WITH YOUR LOVED ONES

LOOK FOR OPPORTUNITY
TO TALK WITH YOUR
GRANDPARENTS, COUSINS,
UNCLES, AUNTS, FRIENDS, ETC.

CREATE A SOCIAL
NETWORKS OF FAMILY AND
FRIENDS TO HELP BREAK THE
DISTANCE OF TIME AND SPACE.

DON'T MISS THE OPPORTUNITY TO
LET ALL YOUR LOVED ONES KNOW
HOW IMPORTANT THEY ARE
TO YOU.

HI GRANDMA, HOW ARE YOU?



CONNECT WITH GOD

THANK YOU LORD FOR
THIS MOMENT OF PAUSE.



FAITH ALLOWS US TO NOURISH **HOPE AND LOVE**.
THERE ARE MANY PEOPLE IN NEED OF OUR **PRAYER**.
GIVE YOURSELF THE TIME **TO SPEAK AND LISTEN TO GOD**.

BE IN SOLIDARITY, BE OF SERVICE

THANKS A LOT BRO!

BEING IN **SOLIDARITY** WILL
HELP US FEEL SAFE AND
IN GOOD COMPANY.

IN THESE DAYS, TRY TO **HELP
AT HOME** AND COLLABORATE
WITH THE INITIATIVES THAT
SEEK TO HELP OTHERS WHO
ARE HAVING A DIFFICULT
TIME.



**DO NOT FORGET THAT THE
BEST TEAM IS YOUR FAMILY!**

WHEN SOMETHING CHANGES OUR RHYTHM AND LIFESTYLE, IT IS IMPORTANT **TO PLAN OUR DAYS**, TRY TO DEDICATE TIME TO:

EAT WELL
SLEEP WELL
STUDY
RECREATE
MEDITATE
COOPERATE
CLEAN

WHAT WILL I DO TODAY?



IT IS **TEMPTING** TO BE IN OUR PYJAMAS AND GO WITHOUT SHOWERING FOR SEVERAL DAYS, BUT **DISCIPLINE AND ORDER** WILL BE OUR ALLIES TO TAKE CARE OF OUR WELL-BEING. DO NOT FORGET THAT '**THE SEED OF ALL EVIL IS LAZINESS.**'

PLAN YOUR DAY

GET ACTIVE

IT IS NORMAL THAT WHEN OUR ROUTINE IS CHANGED, WE WANT TO SLEEP MORE OR SPEND MORE TIME SITTING. HOWEVER, THIS PASSIVITY WILL HARM OUR SPIRIT.

SO...

GET UP EARLY.
DO EXERCISES.
CLEAN YOUR LIVING SPACES.
START YOUR PROJECT
PREPARE YOUR GARDEN
DANCE
BUT ...
NEVER STOP MOVING.

AND ONE, AND A TWO AND A THREE...



**WE HAVE COME TO REALISE THAT
WE ARE IN THE SAME BOAT,**

EVERYONE IS FRAGILE AND DISORIENTED;

**BUT, AT THE SAME TIME, EVERYONE IS
IMPORTANT AND NECESSARY,
WE ARE ALL CALLED
TO ROW TOGETHER.
ALL ARE NEEDED
TO COMFORT EACH OTHER.**



**WE'RE ALL
IN THE SAME BOAT**

AND REMEMBER...

**STAY AT HOME &
ENJOY YOUR FAMILY !**

**TOGETHER AND WITH THE HELP OF JESUS AND MARY,
WE WILL MOVE BEYOND THIS.**



 **MARIST**

#TODOSSOMOSMARISTAS
#QUÉDATEENCASA



ILLUSTRATIONS:
SERGIO FIGUEROA @FIGUEROART_

LAYOUT:
JORGE FIGUEROA

TEXT:
JESÚS GUTIÉRREZ

BASEDED ON THE WORK OF SAN MARTIN, ELENA (2020)
'PSYCHOLOGICAL ADVICE FOR LONG PERIODS WITHIN THE HOME':

PROVINCIA MARISTA DE MÉXICO CENTRAL
DEPARTAMENTO DE PASTORAL
INSTITUTO MÉXICO DE TOLUCA, A.C.

CREDITS