

Family Challenges and Changes Brought About by COVID-19 Lockdown & Isolation

Life in Isolation and Lockdown was thrown upon us, with little understanding and plenty of uncertainty. Let's share how we managed through this very unusual and recent times.

Thinking specifically of Family – immediate and near:

1. Family Life...
 - a. What happened for your family?
 - b. How did family life change?
 - c. Did you have to be more independent?
 - d. How had your children/grandchildren adapted to isolation?
 - e. Have you found children to be more independent, more tolerant with other family members?

Thinking in general and your everyday life interacting with society:

2. How have you changed your behaviour?
3. Are you surprised by the speed of your adaptation to isolation and lockdown?
4. How did you cope?
5. Tell us about no weekend sport – yourself, children, fitness, fan...
6. Positives of the lockdown and living in isolation...
7. What would you like to see kept or become ongoing after isolation?