

Coping in lockdown

- Most of us are coping with the current crazy situation much better than we probably thought that we would.
- We are showing great resilience
- We get on with our home learning
- We are even used to spending more time together



Looking after yourself and your family

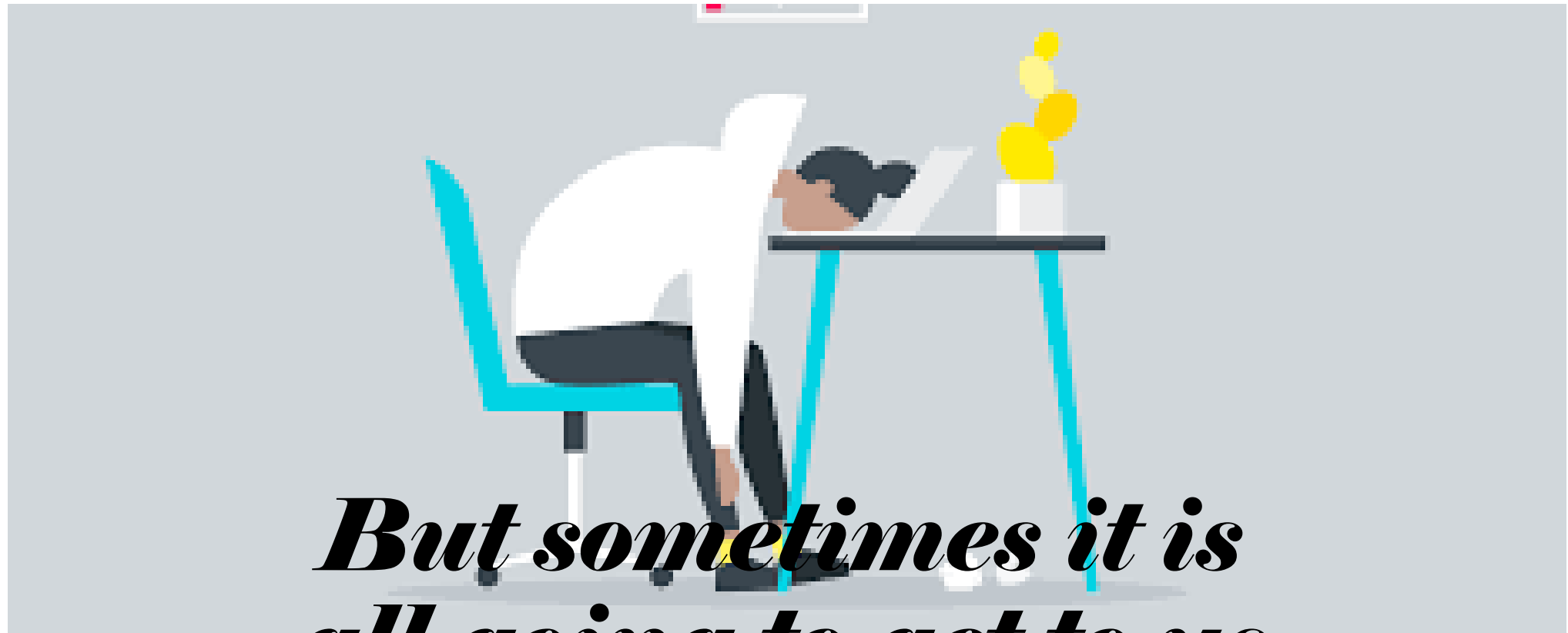
- Only going out for exercise is an important part of looking after yourself.
- Getting away from our devices, laptop, phone or tablet is important
- Going for a walk even if it is just down the road and back is good for you.
- An indoor exercise activity is a good alternative and the Joe Wicks YouTube classes are a good starting point for ideas



We can try and manage our feelings in positive ways

- Lots of people are trying different things to stay positive and help manage their feelings.
- Banana Bread has been a big baking trend
- Writing a diary or short story
- Drawing or painting
- Being physically active walking, home gym,





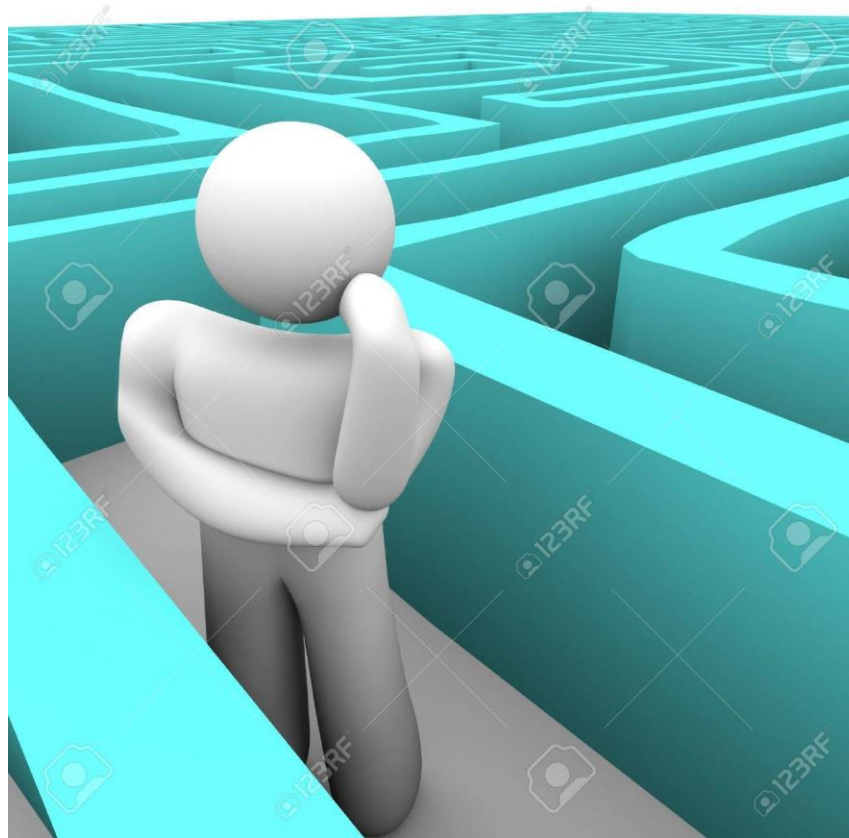
***But sometimes it is
all going to get to us***



And we can all have bad days

- **We will have times when we feel sad, unhappy or low**





Normally these feeling pass

BUT SOMETIMES WE CAN GET EMOTIONALLY
STUCK, WE FIND IT VERY DIFFICULT TO MOVE
ON



Our head can become full of unhelpful thoughts

- “no one likes me”
- “I’m rubbish”
- “People would be better off without me”
- “I’m a waste of space”
- “nothing gets better”
- “My life is rubbish”
- “I will never be any good”





These negative thoughts can make us very low

- Lose our motivation
- Have no energy
- Feelings of hopelessness
- Have poor concentration
- Struggle with memory
- Find it difficult to work
- Wanting to hurt ourself (self-harm)
- Suicidal thoughts



***We spend a lot of
our time:
Angry
Crying and
Sad***



***Even if we are
unhappy or
low, we don't
want the
world to see!***





***We put on a mask
and show our happy face***



***And if anyone
asks
we always say
we are OK***



***But inside we
know we are
not***



If you are experiencing any of these feelings

- *You need to get help*
- *Start a conversation with someone you trust*
- *If you are worried about a friend the best way to help them is to talk to an adult that can et them help*



In School



***Speak to any of your teachers or your form tutor
Or any one from the pastoral support team you can
contact us via TEAMs or by email***





Out of school

- **Childline 08001111**
- Young Minds mental health charity for young people and families
- **Youngminds.org.uk**

Kooth on-line counselling service for teenagers

- **KOOTH.COM**
- **HOPELINEUK**
- **Open from 9am until midnight**
- **08000684141**

