



Gloucestershire
Healthy
Living and Learning

THE PANDEMIC

COVID
19



NAME: _____

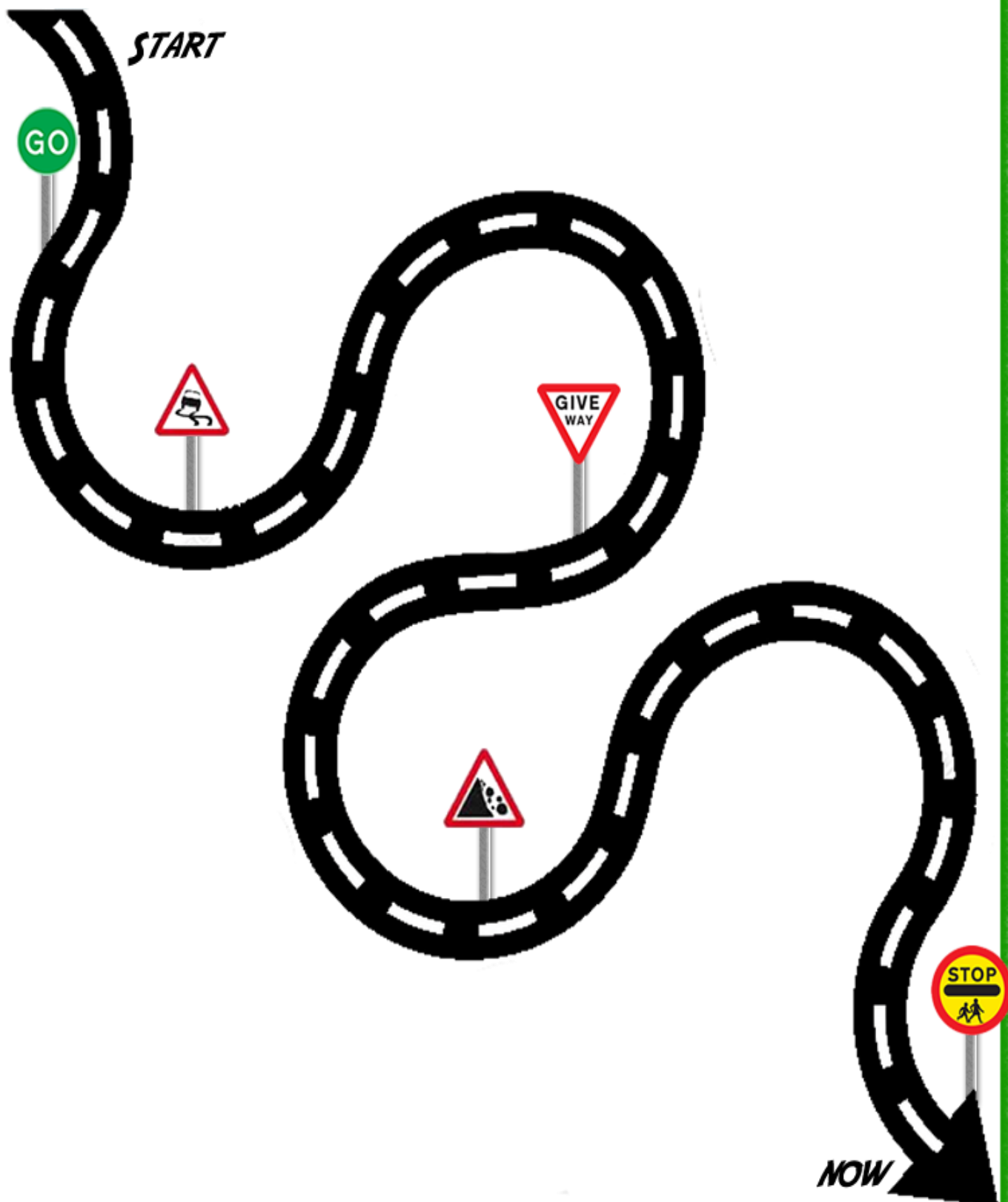
TUTORIAL: _____

MY JOURNEY...

...WALKING THE PATH TOGETHER

CORONAVIRUS PANDEMIC

The Coronavirus pandemic means we are having to adjust to extreme amounts of change. At times, it might have seemed overwhelming. So think about your time at home and create a roadmap of your journey so far - start with the highs, the lows, the ups and downs. You can use words or illustrations.



THE CHANGE CURVE

The change curve is a model that helps us adapt to huge changes in our lives. Knowing where we currently sit on the curve can help us pick apart and understand some of our emotions.

1. SHOCK



2. DENIAL

3. ANGER & BLAME

4. SELF-BLAME

5. DEPRESSION & CONFUSION

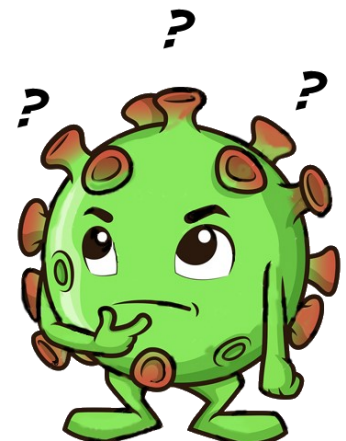
7. PROBLEM SOLVING

6. ACCEPTANCE

TIME →

The 'change' model considers how we might accept a life-changing experience and then learn and grow from it. We must learn to recognise our emotions as being normal.

For each of the stages, can you identify feeling this way? How did you feel at each stage you've experienced so far? Remember we may fluctuate between feelings and that's normal. On the next page, add words or pictures to help explain your feelings.



THE CHANGE CURVE CONT.

1. SHOCK:

Numbness

2. DENIAL:

This isn't happening

3. ANGER & BLAME:

Finding fault with others

4. SELF-BLAME:

Helpless, no control, lonely

5. DEPRESSION & CONFUSION:

Highs, lows, reflection

6. ACCEPTANCE:

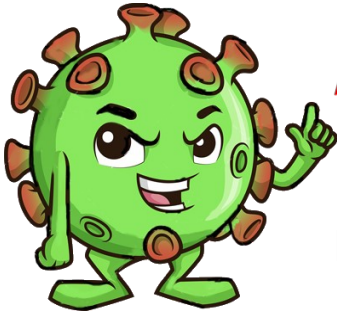
Move towards this as we work through emotions

7. PROBLEM SOLVING:

Growth, learn, re-evaluate

5 WAYS TO WELLBEING

There are some simple actions or activities that, when done regularly, can really help improve your wellbeing. They are:



BE ACTIVE

TAKE NOTICE

LEARN

GIVE

CONNECT

For each of these, write down some examples of what you did and how it made you feel...

BE ACTIVE

TAKE NOTICE

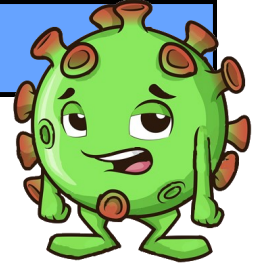
LEARN

GIVE

CONNECT

5 WAYS TO WELLBEING CONT.

It's okay to feel 'down', to have time to feel sad. But what do YOU do to lift your spirits? Use the doodle pad to illustrate some of your favourite things to do when you want to cheer yourself up!



Doodle pad



LOSS & BEREAVEMENT

We all have experienced loss at some point during this time:

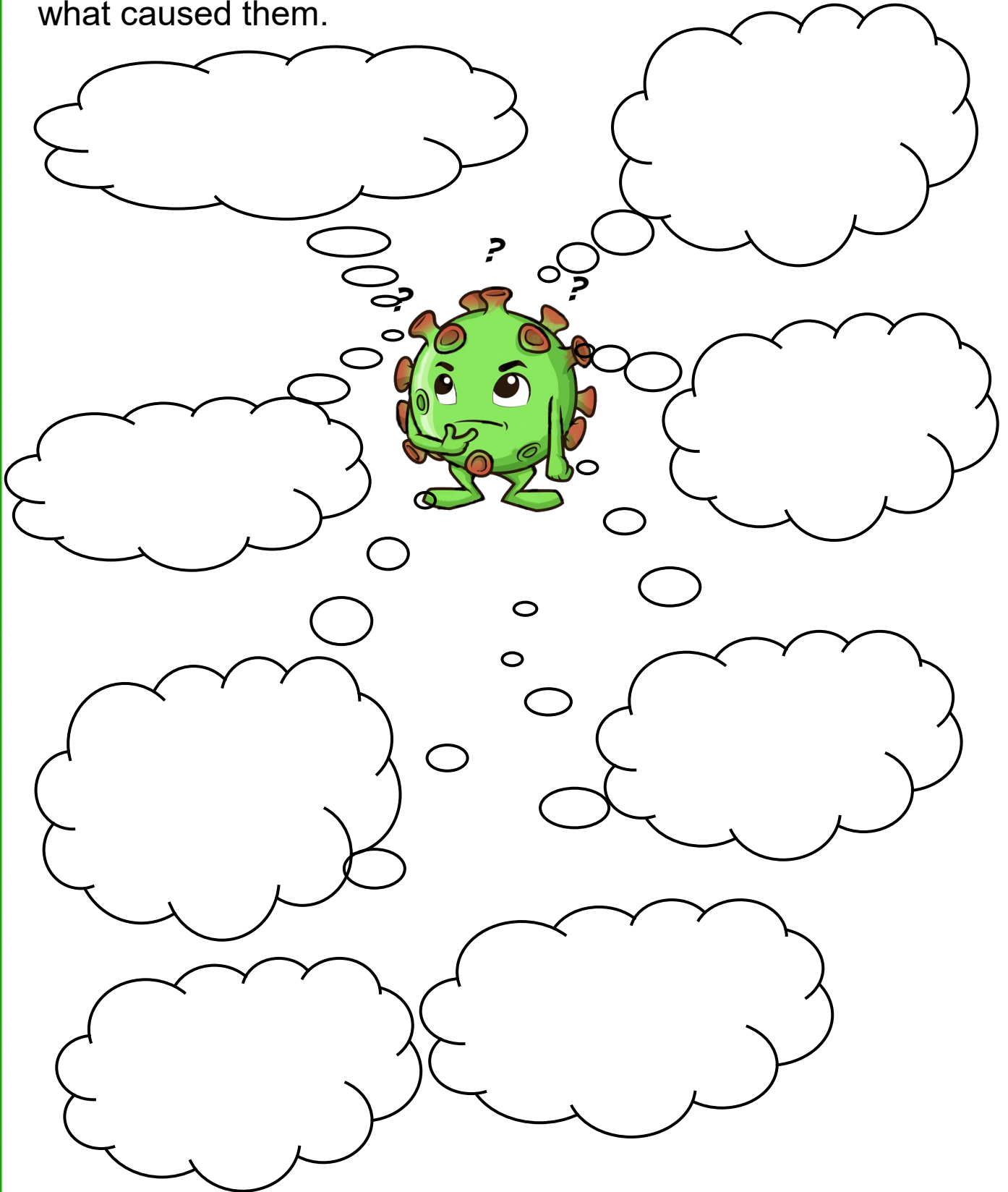
- ◇ Loss of freedom
- ◇ Loss of friends
- ◇ Loss of our routine
- ◇ And sadly, some of us may have lost someone special to us

Can you add any more things you might feel you have lost? Write them below. Now think back to our 'change curve' and write a short poem, song, rap or anything of your choice that expresses how you felt at any point during this time.

REMEMBER, LIFE IS ABOUT MOVING ON, ACCEPTING CHANGES AND LOOKING FORWARD TO WHAT MAKES US STRONGER AND MORE COMPLETE!

DEALING WITH FEELINGS

Remember that all feelings are normal. And, it's good to try and identify what you're feeling and why as it helps us understand and cope with what we're going through. So write down some of your feelings in the clouds below and try and identify what caused them.



LET'S GET POSITIVE

Let's think of some more positives that might have, unexpectedly, come out of this pandemic. Use the headings below to consider what nice changes you've discovered or experienced.

FAMILY

COMMUNITY



ENVIRONMENT

ANY

WHEN YOU CAN'T FIND THE SUNSHINE, BE THE SUNSHINE!

LET'S GET POSITIVE-DIGITAL CONNECTIONS

It's easy to feel isolated when we are inside, away from our friends and social groups. Although we were apart physically, digital devices helped us feel close to our loved ones. Think about the questions below in relation to now and when we were in lockdown.

WHY IS IT
IMPORTANT
TO STAY IN
TOUCH?

WHY ARE THESE
CONNECTIONS
IMPORTANT TO
YOU?

HOW CAN WE
SAFELY STAY IN
CONTACT WITH
EACH OTHER?



Connections Map

Now, on the following page, draw a map with you in the middle. Close to you write the names of those you live with, then further away, the names of those to whom you feel connected in different ways, using digital platforms and devices.

Draw a different coloured line to represent the different kind of connections you have with each person —for example, maybe blue for face-to-face, yellow for telephone etc. Let's make a start on the map now...

LET'S GET POSITIVE-DIGITAL MAP

Once you've drawn your map, ask yourself these questions:
Is there anyone not on the map who you wanted to connect with more? A family member or classmate who didn't have Internet? Maybe you couldn't contact them then but you can now. Add their names to your map.



LET'S GET POSITIVE-DIGITAL KINDNESS

Think about the ways you have used digital devices to share kindness during this pandemic. For example, YouTube influencers using their videos to talk about washing hands or correct social distancing. Think about the following...

HOW CAN WE USE
OUR DEVICES
KINDLY?

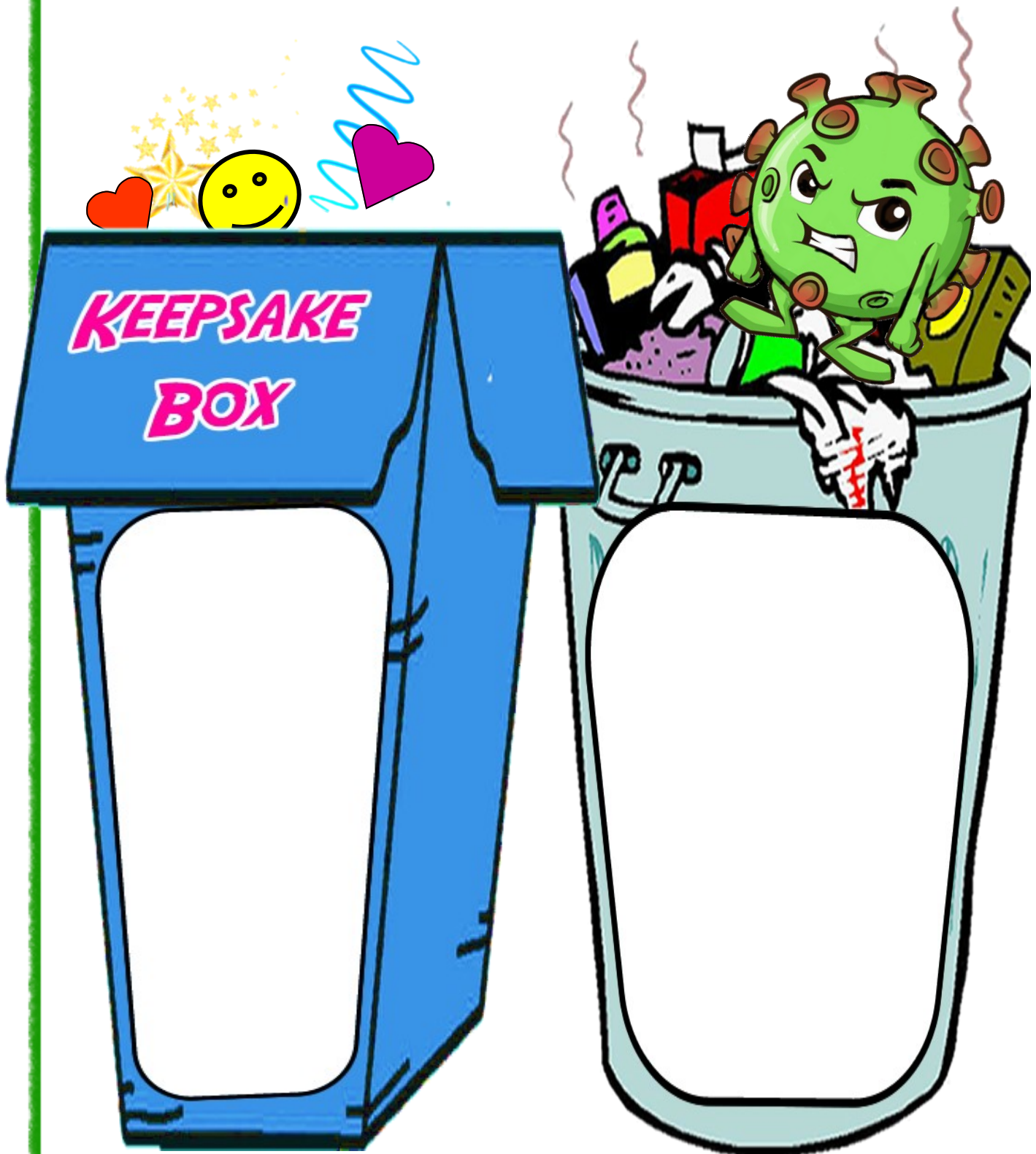
HOW HAVE YOU SHARED
KINDNESS DURING THIS
PANDEMIC?

WHAT COULD WE
DO TO CONTINUE
THIS IN THE
FUTURE?



KEEP IT OR BIN IT

We've all experienced highs and lows during this pandemic—some surprisingly great moments, some sad ones. Which moments would you keep and which would you bin? Think about even the smallest of things and write them in the spaces below.



HEALTH & ANXIETY

Our physical health has a big impact on how we feel. When things are difficult, it can be easy to fall into unhealthy patterns of behaviour that end up making us feel worse. Think about the following questions and then fill in your answers in the spaces provided.

WHAT PHYSICAL ACTIVITY DID YOU DO, AND HOW OFTEN?

HOW MIGHT EXERCISE HELP YOU MANAGE YOUR EMOTIONAL HEALTH IN THE FUTURE?

WHAT DID YOU ENJOY THE MOST? WHY?

WHAT WAS YOUR DIET LIKE? DID YOU COOK OR BAKE?

HOW DID YOU FEEL AFTER DOING SOME EXERCISE?



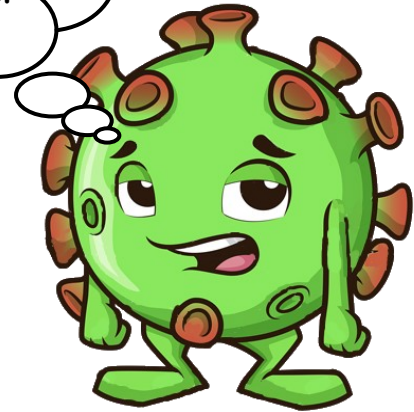
HEALTH & ANXIETY CONT.

Anxiety is a feeling of unease, like a worry or fear, that can be mild or severe. Everyone feels anxious from time to time and it usually passes once the situation causing it is over. Here are some top tips to deal with anxiety.

Understand your anxiety

Keep a diary of what you are doing and how you feel at different times. This can help identify what 's affecting you and what you need to take action on.

I'm feeling anxious. What can I do to feel better?



Make time for your worries

If your worry seems overwhelming and takes over your day, setting aside specific 'worry time' to go through your concerns can help you to focus on other things.

Take notice and be mindful

Remember the 5 ways to wellbeing we looked at earlier in this booklet:

Be Active Take Notice Learn Give Connect

Being mindful and taking notice can be really helpful in reducing tension and focusing our awareness on the present moment.

Challenge your anxious thoughts

Tackling these unhelpful thoughts is one of the best things we can do to feel less anxious.

Have you any other ideas that could help you cope with anxiety? Write them below:

HEALTH & ANXIETY CONT.

Here are some other strategies we can use to help control our anxiety and stress.

1. Self-care - Be kind to yourself, connect with mates, have fun, listen to music, create a playlist, get outdoors and enjoy some natural light.

2. Exercise - favourite sport, relaxation or meditation

3. Eat well and sleep well - the better rested and nourished we are, then the more able we are to cope with pressure and stress. Lack of sleep and poor diet is a vicious cycle that can trigger and increase stress.

4. Talking - If you are finding it difficult to cope, talk to someone you trust.

Other Tips:

Try and be positive - there's always an upside

Appreciate your strength - you'll get through this

You control how you react - even if the situation is out of your control, your reaction to it is totally up to you

Take a step back and reflect - ask how you feel about this in a day, a week, a month, a year? This might help you get perspective on the situation or problem

HOW HAVE I CHANGED?

Use the graffiti wall below to write down as many things as you can about how this situation might have changed you. For example, you might have developed new skills. You might have learned to appreciate things a bit more. Maybe you understand yourself a bit better. Have a think and then have fun!



GOALS, DREAMS, TARGETS

The acronym **TATT** stands for:

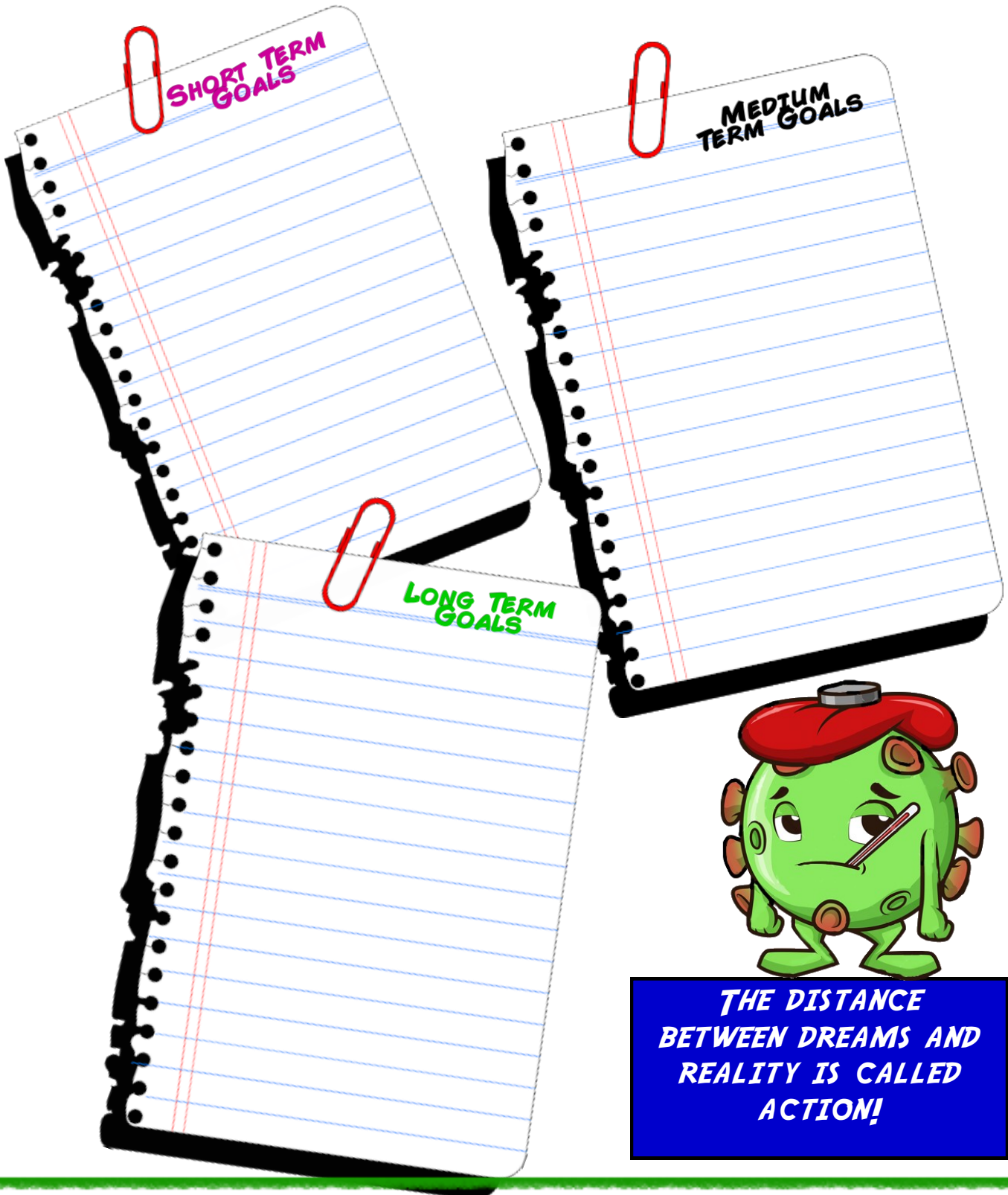
T = Tiny

A = Attainable

T = Tickable

T = Targets

So, think about your goals—short term, medium term and long term. What will help you reach them. Now fill in the spaces below.



**THE DISTANCE
BETWEEN DREAMS AND
REALITY IS CALLED
ACTION!**

LOOKING FORWARD

Use this page to design a superhero or computer game character who is able to deal with different emotions or worries that might be as a result of this pandemic. They could have superpowers or can be a person with specific skills. Have fun! You might want to annotate your figure.

**REMEMBER, IF YOU'RE STRUGGLING,
IT'S GOOD TO TALK AND
SHARE HOW YOU'RE FEELING**

**HERE ARE SOME USEFUL APPS AND WEBSITES
THAT ALSO OFFER SUPPORT**

Think ninja— sleep and mindfulness

InnerHour - self-help for anxiety & depression, ages
13 - 17

HeadSpace - self-guided meditation, ages 13+

Moodpath - log how you're feeling over 14 days

Thrive - mental wellbeing

Mindful Gnats - develop mindfulness

MindShift - help with anxiety

MoodGYM - help for low mood

www.onyourmindglos.nhs.uk

www.ticplus.org.uk - face to face/online counselling

www.childline.org.uk

www.nspcc.org.uk

www.youngminds.org.uk

www.mind.org.uk

IT'S GOOD TO SHARE HOW WE FEEL