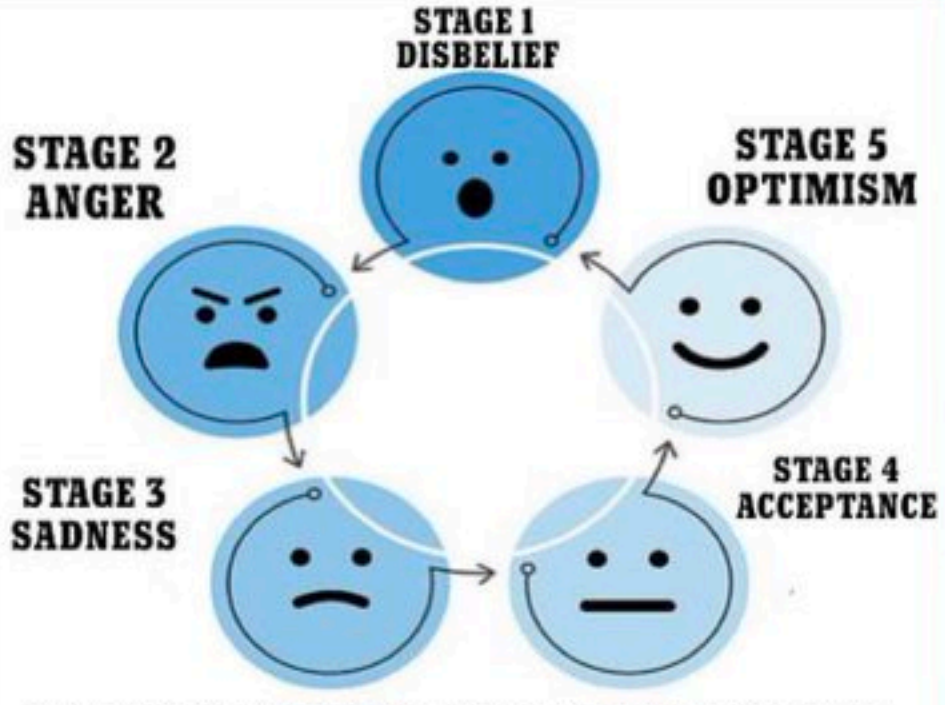


Riding the lockdown rollercoaster

The Covid-19 pandemic has felt like an emotional rollercoaster.....



You might notice there have been highs and lows, fast periods, slow periods and times where we don't know which direction we are going in. We understand there is a lot of uncertainty about future lockdowns, and what life will look like during this pandemic.



Each new lockdown or changes in school can lead to us feeling a mix of different things

You might be feeling:

1. *Disbelief* – You can't believe this is happening again
2. *Anger* – Not being able to do things you want to do
3. *Sadness* – Feeling loss, feeling low or not yourself
4. *Acceptance* – New rules at home and at school
5. *Optimism* – Feeling hopeful for the future, things will change

There are things you can do to help yourself through these feelings

Five ways to wellbeing

Tools to help us with the emotional rollercoaster

- Connect** Video call friends, send a text to someone you haven't spoken to in a while
- Be active** Go for a walk/ cycle, get outside, do some home workouts
- Take notice** Be aware of what is going on around you, what can you hear/ see/ feel/ smell?
- Learn** Learn something new, look up 'how to' videos on Youtube
- Give** Be kind, give your time to someone, help another person



After a lockdown it can be exciting to see friends and family again, but we need to bear in mind:

