

Coping with The New Normal!

Do you realise you have experienced something that no other child in living history has ever experienced before?!!



You have spent many months

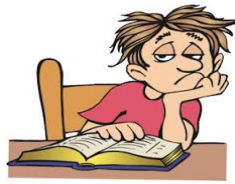
- Being at home all day with your parents
- Maybe being at home all day alone
- Not seeing your friends
- Learning from home
- Parents trying to teach!
- Parents on the frontline being unavailable
- Constant media coverage of Covid, lockdown, people becoming unwell and passing away
- Parents feeling more stressed than normal
- Parents losing their jobs
- Boredom
- Uncertainty

Everyone's experience of Coronavirus has been different

Emotions

- You might have felt bored out of your mind
- You might have loved the break from daily pressures
- You might have felt scared or unsafe
- You might be worried about your own health
- You might be worried about the health of someone else
- You might have lost someone and feel very sad
- You might have felt hungry

- You might feel angry about the impact Coronavirus has had upon you and your family
- You might feel stressed or be worried about someone in your family who is stressed
- You might have felt scared at home as your parents have become more and more worried
- You might be frustrated that your exam results don't reflect the work you put in



Life at home

- You might have had lots of space to move around at home with your siblings or you might have been struggling for space and getting on top of each other,
- you might have spent a lot of time on your own
- You might have felt completely out of routine
- You might have felt under pressure to work hard to make up for the schooltime you have missed or you might have enjoyed the break from schoolwork,
- You might have wanted to do schoolwork but the conditions at home made that really difficult
- You might not live at home and missed contact with your parents
- You might have someone close to you in hospital and be unable to visit them
- Your parents might be keyworkers, working long hours, they might be working at home or they might have lost their job
- You might be aware of money problems
- You might have eaten lots of rubbish or you might not have enough in the house to eat
- You might have learnt new things or you might have done the same thing every day for months



Everyone's experience of lockdown has been different and so it's important to **be kind** to each other and to look out for each other



We are all faced with much **uncertainty** which can feel really **scary!**



And now it's time to return to a new and very strange "normal"

Things may still feel very strange!

You may continue to feel stressed and upset by the uncertainty of how to keep you and your family safe

You may continue to be faced with the stress of your family's experience of lockdown

Here are some things you can do that might help:

SOS

- Follow the guidelines about keeping yourself and others safe.
- It is normal to feel a bit emotionally wobbly at the moment.
- If you are worried about the way you feel either physically or emotionally, talk to a friend or an adult you trust.
- You can contact your GP by telephone or [nhs24.scot](https://www.nhs.uk).
- Look after yourself. Everyone is getting used to a new kind of normal. Don't put too much pressure on yourself
- Maintain a basic routine. School will help you maintain a routine now that you're back
- Eat well and drink plenty water



- Connect with friends and people you love
- Check in with yourself and others
- Be kind to each other – you don't know how other people have experienced lockdown, and it may be very different to your experience
- We all need a break from the constant attention on covid – read a book, paint, draw, listen to music, do some exercise
- Set yourself an exercise challenge
- Play, have fun

Helpful Websites

<https://young.scot/campaigns/national/coronavirus>

<https://www.camhs-resources.co.uk/coronavirus>

<https://www.youngminds.org.uk>

<https://www.handsonscotland.co.uk>