Surviving Lockdown

MRS CARTLEDGE
Surviving lockdown....

Here we are, in June 2020

The Coronavirus disease (COVID-19) has taken over.
Since coronavirus and lockdown, we’ve all experienced change in our lives.

What changes have happened, how did you feel and how did you deal with it?
1. I still can’t see all my friends properly. Will we still be friends when we get back to school? What if things have changed?

2. Since the schools closed all school work has been online, but I have not been doing any science because I find it hard. Now I’m really far behind. What should I do?

- How would you feel?
- How could you approach and respond to the situation?
3. Since lockdown I have been going to bed much later and getting up much, much later. How on earth can I get back to a normal sleeping pattern?

4. I know I’m spending way too much time on my phone and on social media during lockdown, but there’s nothing else to do. How do I stop myself getting distracted by it?

- How would you feel?
- How could you approach and respond to the situation?
TASK: Managing change

Looking ahead, are there any changes that scare you in life?

Think about what will help you cope better with your chosen situation.
How to manage change

Keep things in perspective

Being able to step back and observe the change within "the bigger picture" of your life helps to moderate how you think and feel about a certain event.
The 5 P’s to manage change

Learn patience. Generally, things do not happen overnight. Don't be impulsive or try to rush the results. Patience will help you arrive at the best possible place for you.

Be persistent. It's easy to want to give up, especially when things are not going your way.

Be practical. Some changes require an immediate response to remedy a situation, but in most instances, there's simply no rush to the finish line. Go about your life in a way that focuses attention on maintaining balance. Stay present and firmly rooted in the here and now. In other words, create a structure that provides stability and support while you’re in the process of transitioning.
The 5 P’s to manage change

**Be positive.** Expect "up and down". In fact, that's normal while you're going through change. A sense of optimism will help to keep you focused and committed.

**Have a purpose.** No matter how many major changes and transitions you go through during the course of your life, having a purpose and meaning to your life is essential.
Charles Darwin stated,

“It is not the strongest of the species that survive, nor the most intelligent, but the ones most responsive to change”