

Tip Sheet : Easing of Lockdown

Adjusting to lockdown has had its challenges but we managed it. As the government starts to ease restrictions, we may start to face new emotions as we adjust to another 'new normal'. You may be feeling the following:

- **Stressed and unprepared** for the changes that are coming.
- **Anxious, afraid or panicked** about the impact of the changes.
- **Angry or frustrated** if others aren't following the guidance the way you are or you don't agree with the measures.
- **Conflicted or confused** about the advice and how you should interpret it.
- **Protective of your lockdown routine** because you enjoy it or feel nervous about more change or uncertainty.
- **Grief** for people who have been lost to this virus.
- **Uneasy about relationships** that have changed during full lockdown.
- **Distrustful** of the things are portrayed in the media.

Remember, there is no 'normal' response to lockdown or lockdown easing.

Here are our top tips for help you manage your feelings during this time:

- 1. Take time to talk to someone you trust** about how easing lockdown is making you feel. This may feel hard to do, however, sharing your experiences, allowing someone to care for you and listen can really help.
- 2. Focus on the things you can control.** As some of our choices are currently limited it can help to focus on the things we can control. Write a list of the things you can do and change and pop it up where you can see it.
- 3. Get practical support from organisations who can help.** Our [other helpful organisations](#) page has a list of organisations who can help with different aspects of the coronavirus pandemic, including bereavement and work.
- 4. Express your feelings creatively.** You might find that it helps to express how you are feeling about the easing of lockdown by writing, drawing, painting or any other creative way that feels helpful to you. Check out our wellbeing activities page.
- 5. Community Wellbeing Support** We offer telephone support for anyone concerned about their mental health during this unsettling time. We are here to listen, give you suggestions on self-help and signpost to other specialist services if necessary. Call our helpline on: 07850 340 739 to find out more.