


Lifting Lockdown

An easy to follow self help
guide and activity booklet
to support you in
rejoining communities
and society after
lockdown

In this booklet you will find coping
and grounding techniques and
specialist therapy skills as well as
activities to get you thinking about
what will help alleviate some of the
pressure or stress that you may be
feeling when thinking of life
getting back to normal



What is worrying you, specifically?



Identifying the specific things that are worrying you in regards to lockdown being lifted will be really helpful when trying to think of things which will help you.

Use the next page to write down your worries, whether it's worrying that you won't know how to act around your friends anymore, or worrying about going into crowded shops again, or worrying you have become too comfortable with staying in and you may continue to isolate yourself.



Once you have identified your worries, use the next page to think of things that will help decrease them, whether it's chatting to friends on the phone immediately prior to meeting them, or taking someone to a crowded shop with you, or setting yourself a task every day which involves going outside



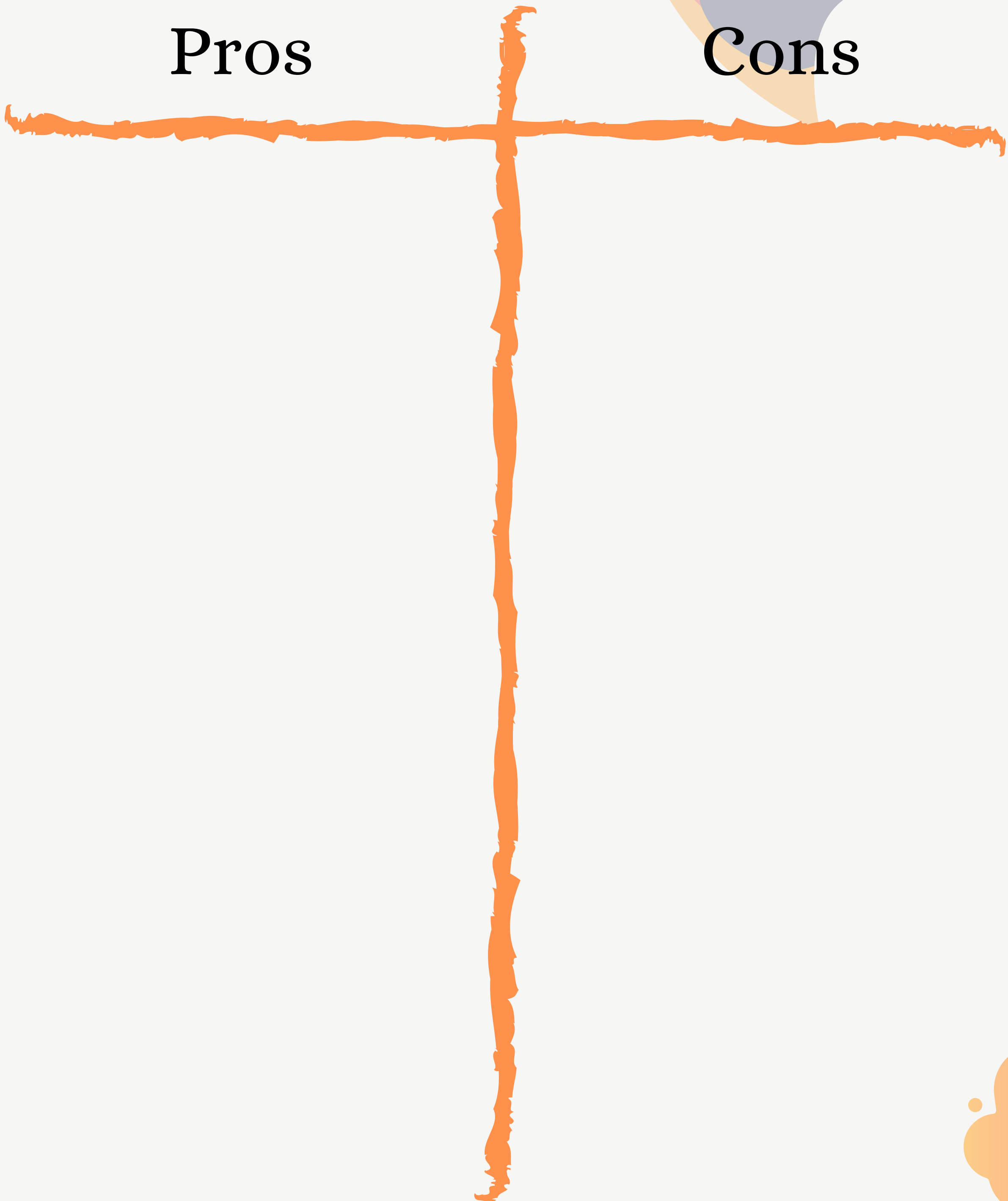
Remember, speaking to someone about your worries can really help, other people can help give you different perspectives to look at or different ways to manage your worries that you may not have thoughts of

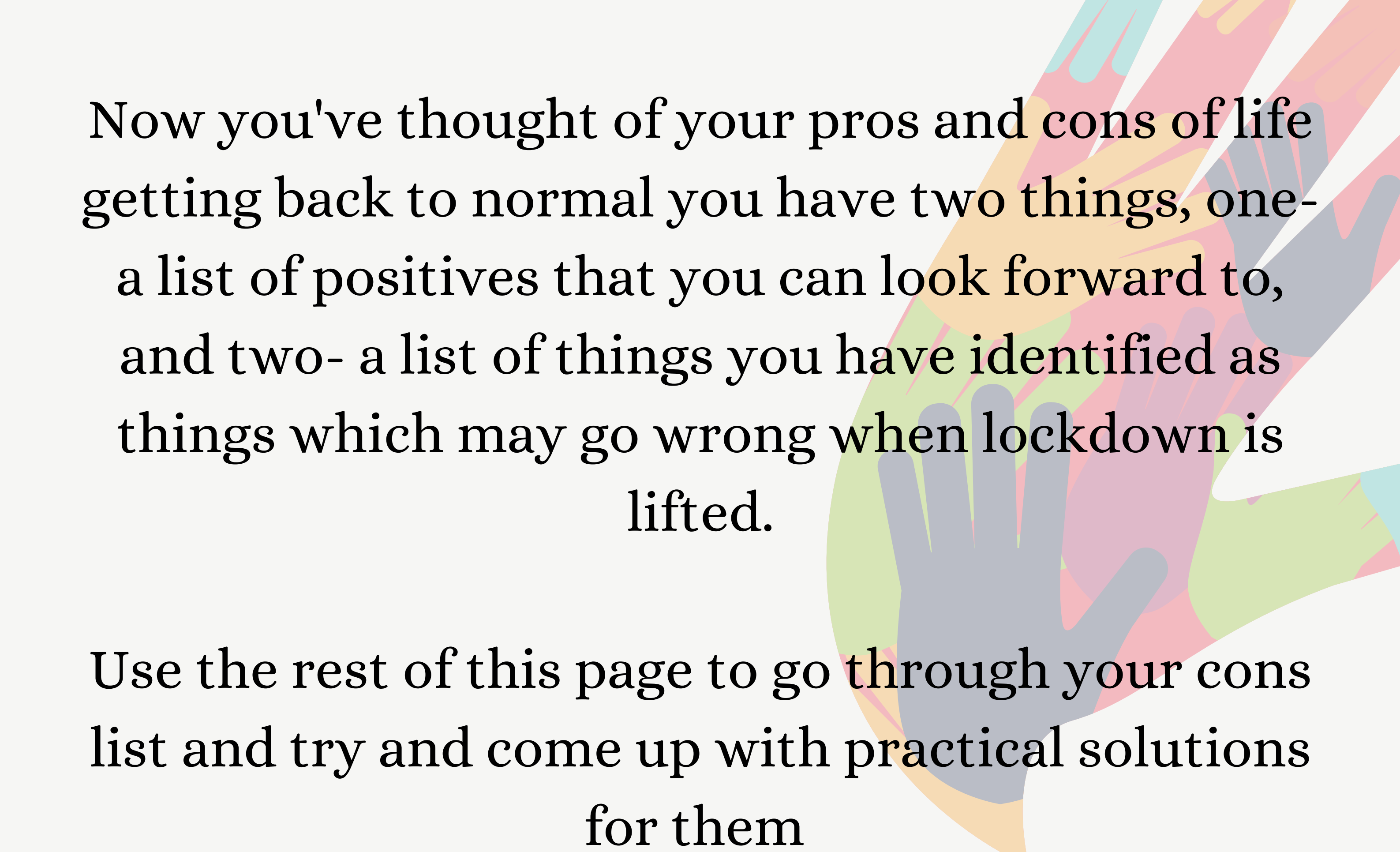
Pros and Cons

We all know there are good things and bad things in every situation, I'm sure you could think of some pros and cons of lockdown being slowly lifted?

Pros

Cons





Now you've thought of your pros and cons of life getting back to normal you have two things, one- a list of positives that you can look forward to, and two- a list of things you have identified as things which may go wrong when lockdown is lifted.

Use the rest of this page to go through your cons list and try and come up with practical solutions for them

Triggers

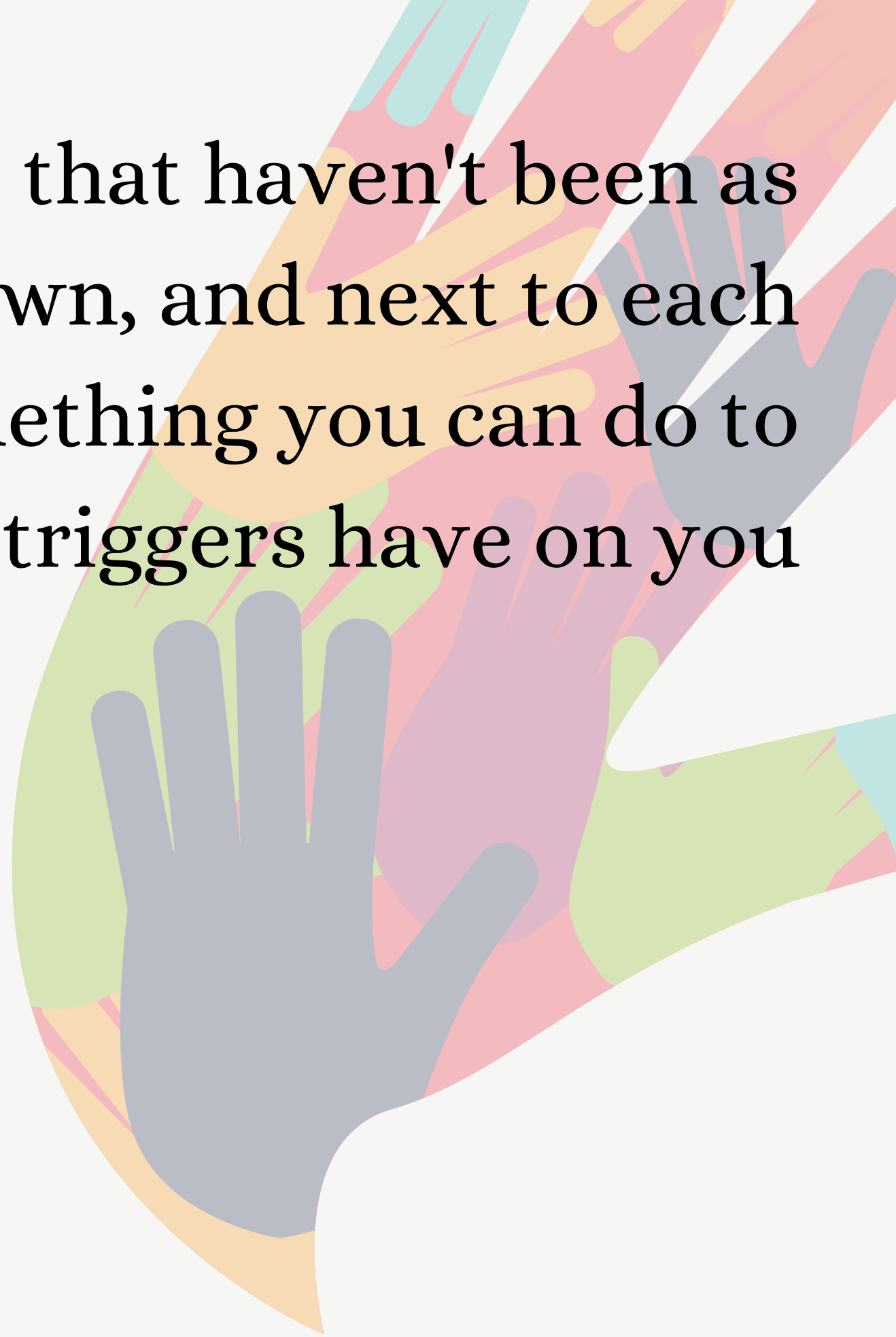


Triggers can be anything from a smell, a physical illness, something you saw on TV, sounds, a dream, a particular person or a specific place

These triggers can bring up unwanted feelings and thoughts, that can put you in a negative mindset where it's more likely that you may engage in unhelpful behaviours.

Have you found that certain triggers haven't been bothering you as much whilst you've been mainly at home? Are you worried that once you start going out and about again these triggers will come back full force?

Use this page to list triggers that haven't been as prevalent during the lockdown, and next to each one make a note of something you can do to minimise the effect that these triggers have on you



DBT *Skills*

DBT is a type of therapy that looks at identifying and changing unhelpful behaviours

S Stop

T Take a breath

Notice your breathing - in through your nose and out through your mouth, slow it down

O Observe

What are your thoughts, where is your attention focused, what are you reacting to, what do you feel physically in your body?

P Put in some perspective

Look for the bigger picture, what would you tell a friend if they felt like this, is how you're feeling fact or fiction?

P Practice what works

What is the best thing for me to do right now, what skills do I already know?

DBT *Skills*



S Stop

T Take a breath

Notice your breathing - in through your nose and out through your mouth, slow it down

I Imagine future consequences

How will your reaction now affect you or others tomorrow or further in the future?

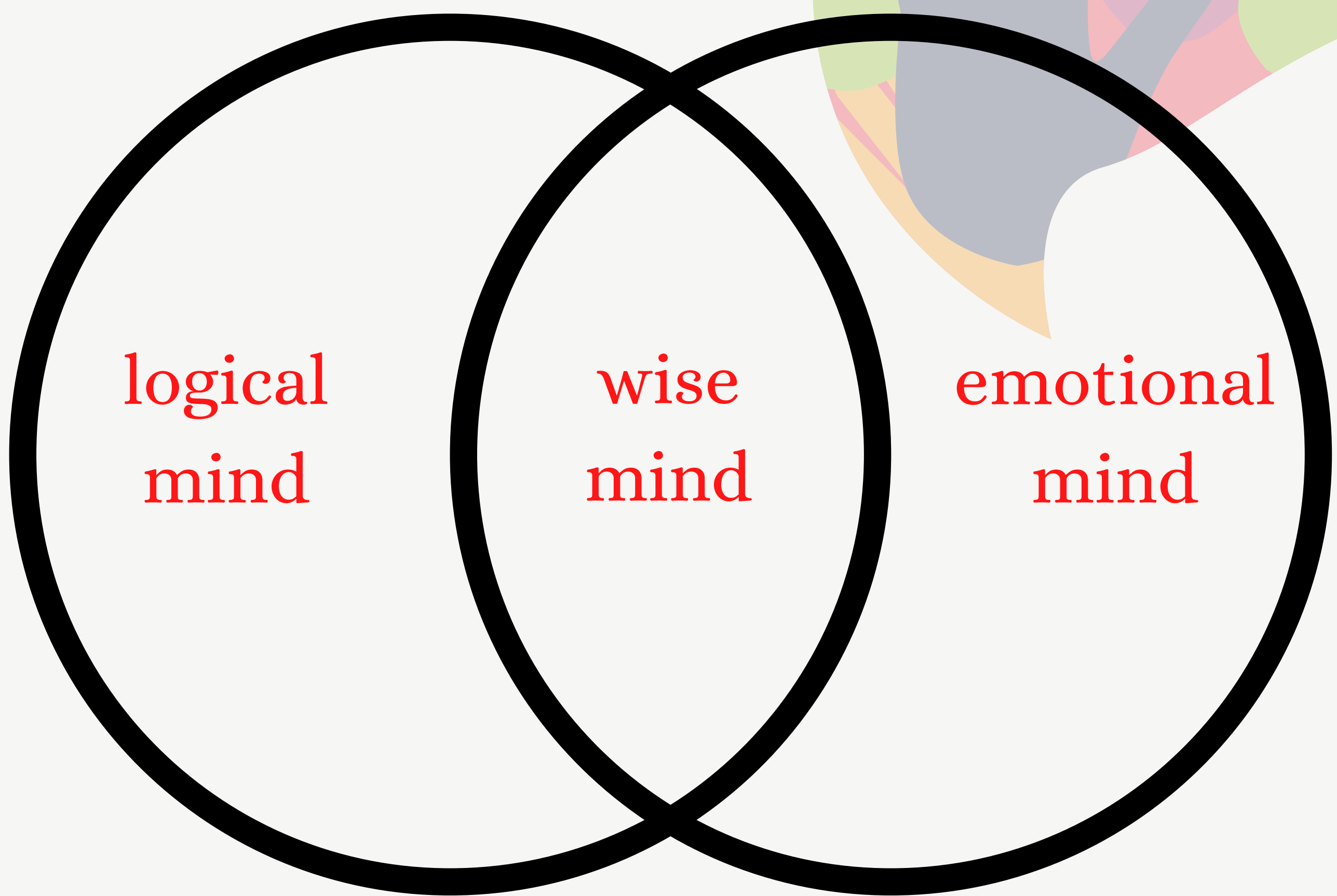
C Choose your reaction

C thoughtfully

Remember, your initial reaction may not be the most productive reaction

DBT *Skills*

Wise Mind



Logical mind- thinks rationally and reasonably, makes decisions based on facts alone.

Emotional mind- hard to remain objective, uses emotions to distort fact-based thoughts.

Wise mind- a mixture of logical thoughts and emotional thoughts, makes decisions based on thoughts and feelings.

Wise Mind

It is important that we try to use our wise mind when making decisions, whether it is a decision on how to react to a specific event, in the moment of the event, or whether it is a decision on how to respond to a life-changing question such as “will you accept this job?”

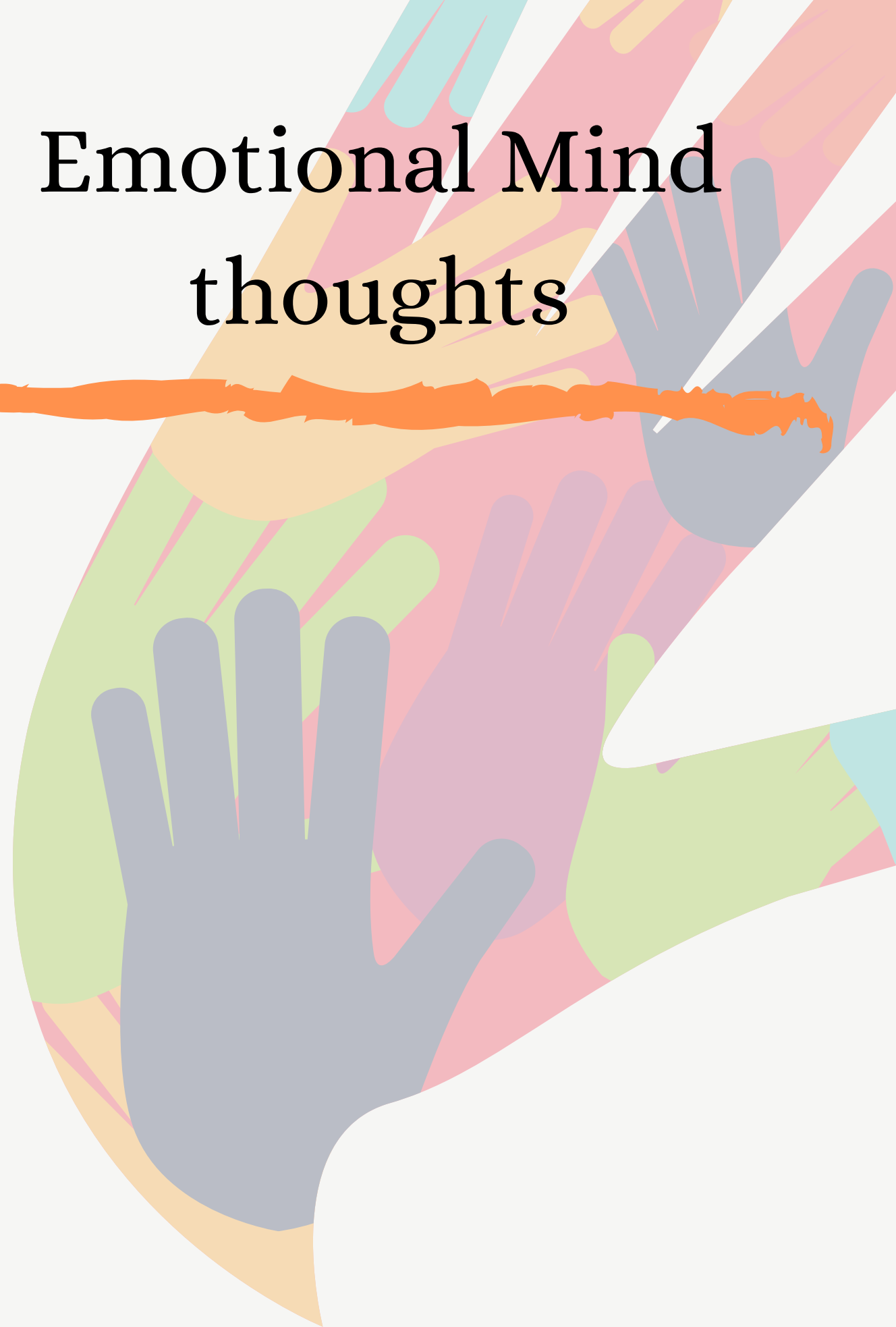
Our decisions have consequences, some good and some bad, but by being careful when decision making and considering all factors, we can try to limit the amount of bad consequences.

Think of a situation where you have not used your wise mind and then on the next page identify what your logical and emotional thoughts were and put some steps in place that would have helped you use your wise mind.

Situation:

Logical Mind
thoughts

Emotional Mind
thoughts



What could you have put in place to help
you use your wise mind?

DBT Skills

During lockdown and isolation you may have noticed that your relationships with your friends and family have changed, you may be worried about how you can get these relationships back to normal. 'GIVE' is a DBT skill focusing on relationship effectiveness.

G Gentle

Be gentle with your friends, and family, they're getting used to being back out and about too

I Interested

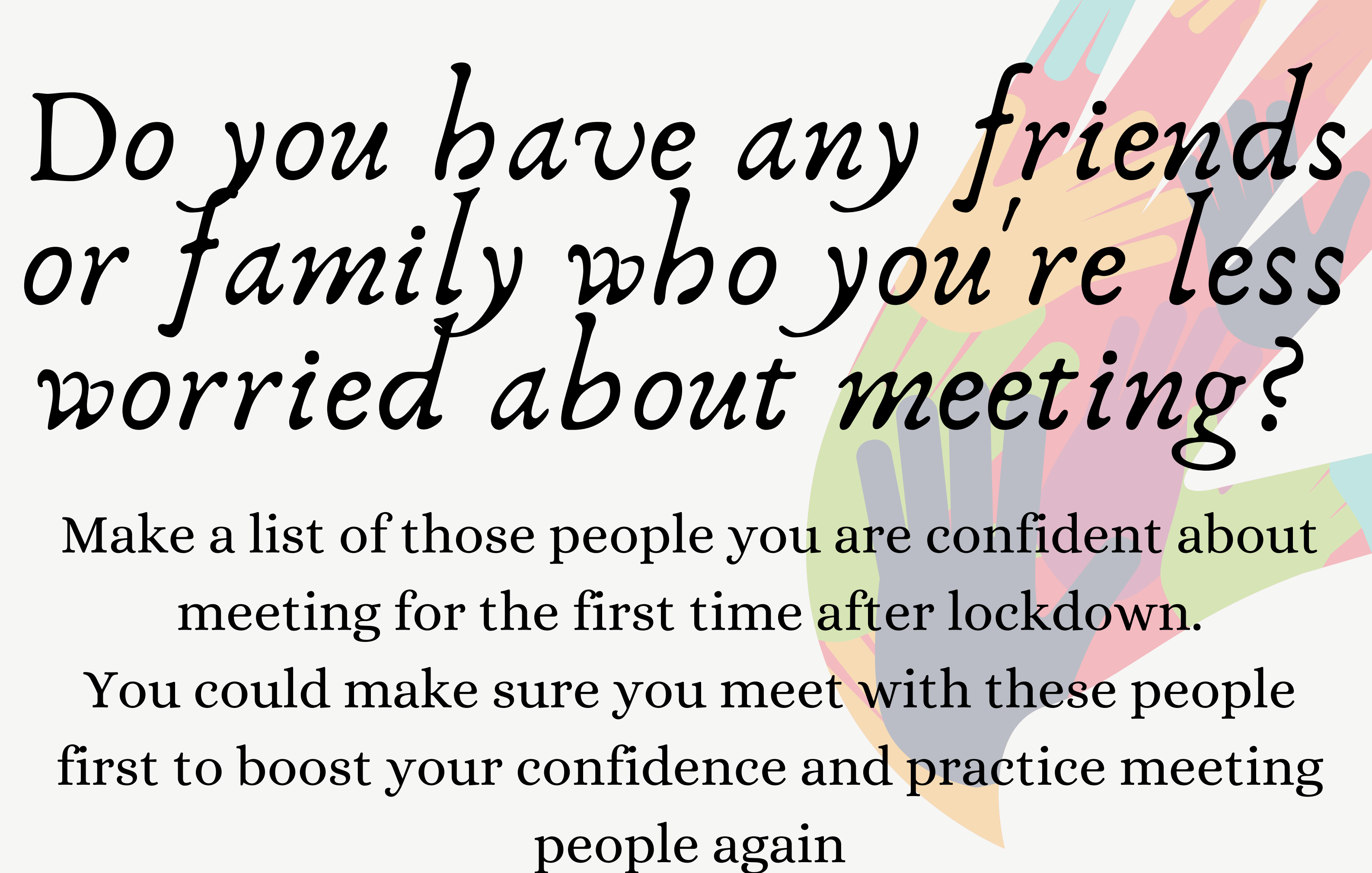
Show your friends and family that you are interested in what they are saying and the experiences they have had during lockdown

V Validate

Make sure you friends and family feel validated when you're engaging with them

E Easy Manner

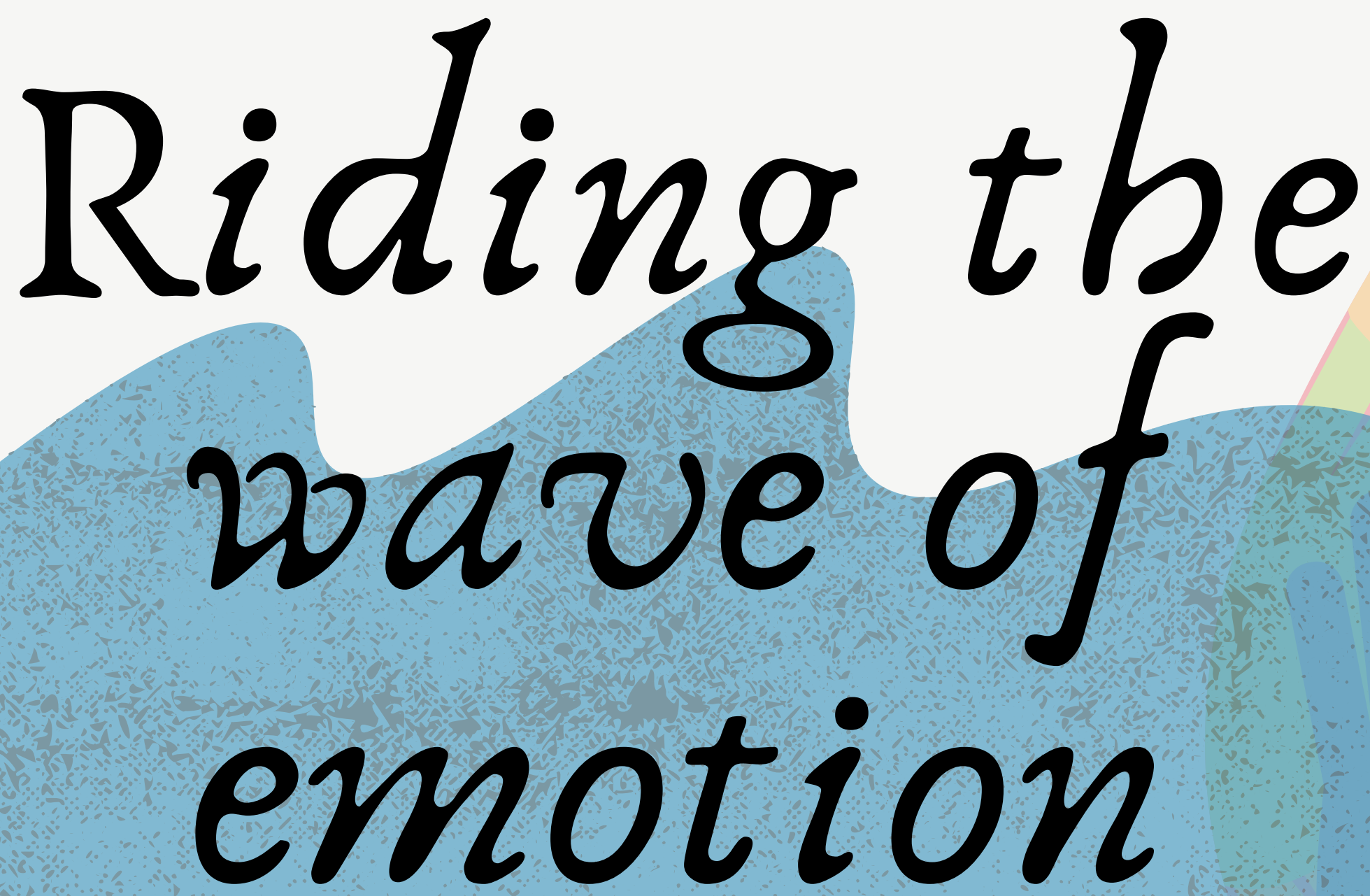
Try to be as calm as possible when reintroducing friendships and relationships



*Do you have any friends
or family who you're less
worried about meeting?*

Make a list of those people you are confident about meeting for the first time after lockdown.

You could make sure you meet with these people first to boost your confidence and practice meeting people again



Riding the wave of emotion

Often we try to stop how we are feeling if we are feeling something we don't want to, but sometimes this isn't possible, or it's not productive to disallow ourselves to feel how we're feeling, especially if we are using maladaptive coping strategies to get through it.

Riding the wave of emotion is a term which means to allow ourselves to feel our feelings, understand that the feeling is only temporary and that you won't feel like this forever.

It is difficult, but often important to allow ourselves to sit with the emotion, accept it's there, know it's only temporary, ride the wave and wait for it to pass, which it will.

Mindfulness



Mindfulness can help us take a step back and take note of what is happening in our body and around us. It's a great skill to learn as it can help with a number of different problems you may have, including anxiety, dissociation or distressing thoughts.

There are 3 main components to mindfulness:

1- Observe

2- Describe

3- Non-judgmental

You can turn almost anything into a mindful activity, from washing up to going for a walk. The aim is to observe what it is you're doing, describe it specifically in your mind, for e.g. picking the cup up, placing it in the washing up bowl, using a cloth to wipe it, rinsing the bubbles off, remember to be completely non-judgmental - this includes positive and negative judgments, "the water is nice and warm" is a judgment, try not to put any judgments to your mindful activity.

Mindfulness

What are some mindful activities you could try, here are a few examples to get you started:

- Washing Up
- Going for a walk
- Meditating
- Preparing a meal
- Tidying your house
- Having a bath or shower

-
-
-
-
-
-
-
-
-
-
-



Self-soothing & Grounding techniques



Self-soothing and grounding techniques are simple yet effective ways to help decrease distressing thoughts and feelings.

Focus on your 5 senses: **sight, sound, touch, smell and taste.**

For grounding, try to find 3-5 things that you can associate with each sense and focus on these until you feel more present.

For self-soothing, create a list for each sense, full of things that you enjoy hearing/seeing/feeling/smelling/tasting.

When you are feeling distressed it can be hard to think of something which will help you, but if you have an easy access list there are things there to look at which to remind you what helps.

Create your lists on this page so you can remind yourself when distressed, what is going to help calm you down and make you feel better.

Sight

Sound

Smell

Touch

Taste

Distraction techniques

A decorative background on the right side of the page features several stylized hands in various colors (yellow, orange, pink, purple, blue, green) reaching out towards the center. The hands are layered and semi-transparent, creating a sense of movement and support.

You probably have a whole list of things you can use as distraction techniques for when you need to focus your mind on something else because your thoughts and feelings are getting too strong.

Use this page to write as many down as you can and remember to come back to this page when you're struggling for distraction ideas.

Goal Setting

Now lockdown is being lifted you may find you want to set some goals, goal setting can help improve motivation levels which then helps improve mood. Use this page to set 5 short-term goals and 5 long-term goals you'd like to accomplish now lockdown is being lifted

Short
term

Long
term

What helped you before lockdown?

What were some of the things that helped you get by day to day before lockdown? What were some things that helped lift your mood or combat distressing or negative thoughts? What helped alleviate some of your anxieties?

List them below

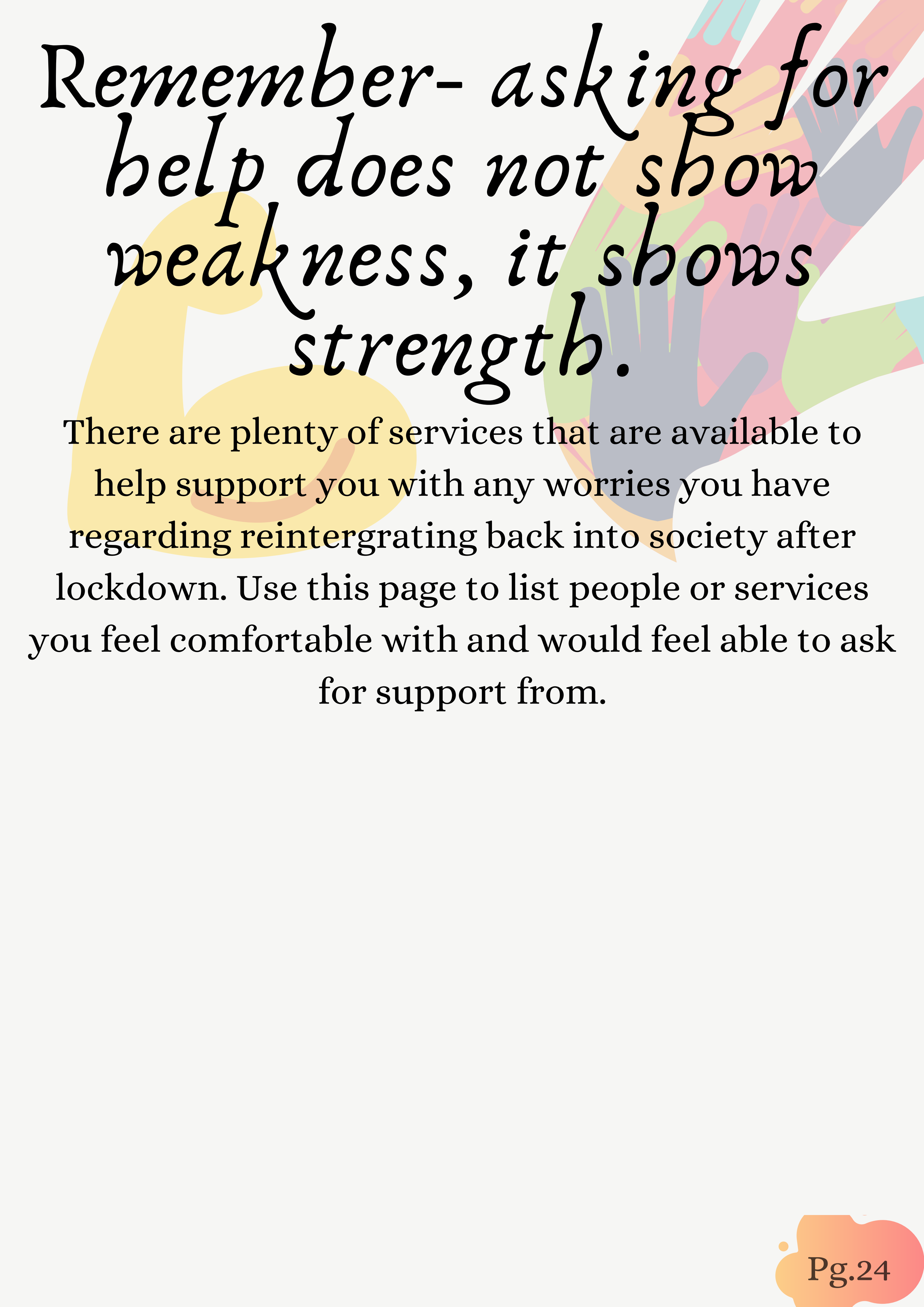
Can you put any of these things into practice now lockdown is being lifted?

Has lockdown taught you anything?

Have you been doing anything during lockdown that you would like to hold on to?

Maybe it's checking in with friends more often, or being more appreciative of the little things, maybe it's spending more time outside or ordering less takeaways.


Use this page to list down anything you would like to hold on to or anything you've learnt during lockdown that you don't want to forget.



Remember- asking for help does not show weakness, it shows strength.

There are plenty of services that are available to help support you with any worries you have regarding reintergrating back into society after lockdown. Use this page to list people or services you feel comfortable with and would feel able to ask for support from.

Websites and apps which may be useful to you



Websites:

www.mind.org.uk

www.rethink.org

www.positivepsychology.com

www.nhs.uk/oneyou/every-mind-matters/

www.mencap.org.uk

www.time-to-change.org.uk

Apps:

Moodfit

Headspace

Happify

Calm Harm

Moodpath

What's Up?

Calm

Chill Panda

Notes

Use this page to note down anything else you think of which may help you cope with lockdown being lifted