

### Week 3 -Lockdown

#### **'Hope and fear cannot occupy the same space. Invite one to stay.'** Maya Angelou

Happy Easter all. It seems unfathomable to think that just a few short weeks ago, when we were taking our Christmas or even February half term break and maybe making plans for the big Easter hols, that we would be approaching this weekend in this temporary new world. That not only would we not be in that camper van touring the Outer Hebrides (yep), or on our long awaited ski trip, or welcoming our family to stay for the weekend and sharing Easter eggs but that we would be in lockdown. That we would now be familiar with the terms such as social distancing or self-isolation or even lockdown and we would shop infrequently, whilst wearing disposable gloves and scarfs pulled high. That the only way we could share a coffee and a natter with a pal was digitally. That we could not physically have any contact with another human being unless they were part of our household. We wouldn't have believed that the whole world would be engulfed by a pandemic and that we would be part of it and that the new going out was a pub quiz on zoom!

For some - Easter is a spring festival of new life. As a pagan tradition it is the beginning of growth and new life after the cold, winter months. It celebrates life and rebirth. As we come to the end of week 3 of lockdown, I know that on a personal note I have wrestled with how surreal the situation is and the loss of how life as I knew it was gone - almost overnight. As the days have moved on and I have tried to figure out how things are going to work in 'real life' e.g. my work, 'seeing' my family and friends, sourcing food, helping others whilst keeping myself safe, I have almost organically settled into a new way of being and endeavoured to find some kind of routine. Do I want this forever? NO. But I realised that it was more about what I needed to do - to get normality and structure to my day, whilst staying safe at home. This was going to help me be the best version of me, during this historic and temporary time.

I thought I would share with you the insight of a 10-year-old boy I have been working with for some years now, who lives in a back to back house in inner city Leeds with his stepdad. On a call yesterday, after he had taken great pride in reading me a story that he had written, I asked how he was coping with it all. He said after some moments thought, '.....well Anna.....it's like there's no outside anymore. Like the outside has become the inside.' Wow thought me.

Being a young person/teenager is a long, slow (sometimes painful for all!) process of growing away from your family and now you are all thrust back into the heart of it, whilst still trying to facilitate growth and independence. Really hard to do in a confined space for a prolonged time and with no choice in the matter. That initial euphoria of not being at school may have now faded, as we all realise, we miss things we never even realised we would come to miss. You will be finding your own way through it all hopefully and it would seem that of the young people that I have had contact with recently - it is the following that we have highlighted as being required (essential even), in our current survival toolkit.

- Routine – this included sleep patterns and not becoming nocturnal.
- Socialising and keeping in contact with friends.

- Being active – e.g. online classes or maximising our one outdoor form of exercise every day.
- Do the simple tasks e.g. make your bed - take pride in the little things, one task completed turns into other tasks completed and before we know it, we have taken up knitting!
- Find your purpose each day. Structure it. Set goals – targets.
- Volunteer – in the home and safely within your neighbourhood.
- Talk – whether that be with family, friends, or me.
- Keep a diary, scrapbook, make a film, get the world record for doing keepy-uppys on the trampoline!

So, I invited hope to come and stay. With the power of hope which starts within your home, with your families, we all play our part in changing ourselves and the world for the better and what we want it to look like. That you with your young people laugh, play, bake (if you have flour!) and acknowledge that whilst things feel really tough at times, we are living through history and other children will study our actions now and see the rainbows we used as symbols of hope.

Please encourage your young people to read this too and even start writing their own blog maybe. And keep talking. If you and your child would like them to have a Time2Talk session with myself, please contact - [time2talk@sghs.org.uk](mailto:time2talk@sghs.org.uk)

Anna

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(Mabel is still busy every day on @mabels.tails – Instagram!)