

# CORONAVIRUS CHANGING BEHAVIOURS AND EMOTIONS AFTER LOCKDOWN

## Dear parent/carer

The emotional difficulty we are all currently facing is that we cannot escape the impact or seriousness of what the coronavirus is; it is everywhere. Yet now we are hearing that we can slowly start returning to some of the behaviours that we have not been able to engage in during lockdown. So how is this making you feel?

The many months of negative bombardment naturally triggered a sense of danger within us at the beginning of lockdown and is now being reawakened as the strict guidelines we have all been following for many weeks are moving slowly towards being lifted. Once this new fear is registered in our thought process, our emotions will automatically become activated again. This is due to our emotions being purely designed to communicate to us that there is a problem to solve, so that we can adapt as best as possible, and fundamentally stay alive. Sadly, we can't solve the coronavirus situation as quickly as any of us would like to, so instead we need to use our emotions to motivate us to take healthy and safe precautions so that we reduce our risk of catching the illness, and make sure we are not letting them get too carried away at the same time. Our emotions really do love themselves and if they think they can maximise a situation, they will!

We must make a real effort to keep everything in perspective now, as was important at the beginning of this pandemic. If we let our emotions get carried away and we feel an unhealthy degree of anxiety and fear which doesn't perhaps fit the real facts of this situation, it could begin to change our behaviours on a more extreme level. This will then impact on our mental health and well-being even further. The small changes that are being suggested are to help us gently begin to return to our familiar normal way of life. With little steps and changes, and the right degree of pace, we can move out of this complex restrictive situation to a newer and more readily embraced sense of positivity and safe change.

If we get this next stage right, with mindfulness and caution, we will begin to see the results of all of our commitments in managing this pandemic. We aren't there yet, but small changes will feel very significant and we must allow ourselves to feel the real value of them and carry a greater sense of gratitude from this experience.

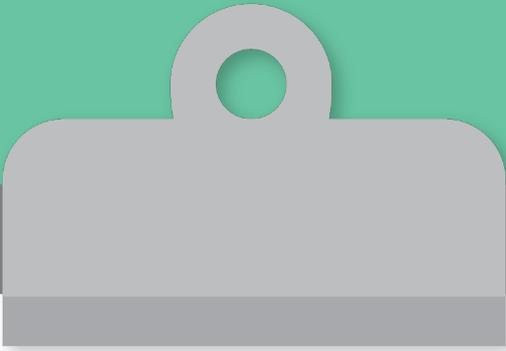
Remember, we are all in this together and will get through this. Be proud of yourselves and your loved ones.

The logo for 'unravel' is written in a lowercase, cursive-style font in a teal color.

Experts in children & young people's  
emotional well-being

The Unravel Team

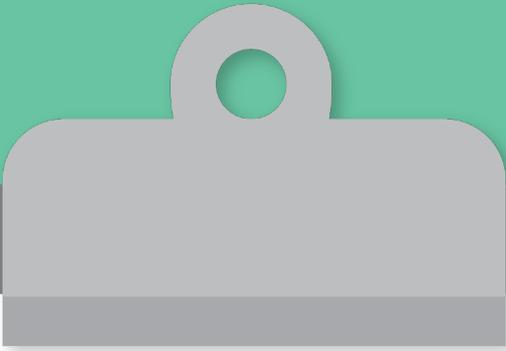
Supporting you on behalf of your child's school



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- ✔ Remember that behaviour change takes time. It is going to take us all a while to feel totally comfortable changing the behaviours that we have followed so strictly, and to feel safe in more crowded places. This is normal and expected. Re-engage the behaviours that you want to do step by step and use positive self-talk to help you keep going
- ✔ Engaging with people out of your family dynamic will be exciting but also emotionally exhausting. The demands on us mentally and emotionally will feel much greater initially but the more we do it, the more natural it will feel again
- ✔ Catch yourself noticing the behaviours you currently do or want to do, for example being more vigilant with hand washing when you have been out and reducing contact with unnecessary items whenever possible. Use this insight to drive the correct behaviours, being careful to not reinforce the negative behaviours that could become a problem
- ✔ Set up new behaviours. Think, "what can I do instead?" Rather than avoiding a move to new opportunities, give yourself a reassuring stroke from the shoulder to the elbow as this is a good way to reduce feelings of anxiety and offer some self-soothing reassurance to yourself. This is a positive distraction





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- ✔ Be reassuring and give appropriate, age related facts to children and to ourselves. Reminders of the rational, more logical information we know about this condition will help reduce the domination of our emotional brain
- ✔ The tide could be changing and some of us may miss the things we have learned to love about lockdown. Try to use this time to do as many things as you can that activate positive emotions and remember a lot of learning can come out of a crisis, and this knowledge can be powerful and is yours forever
- ✔ Experiences like this can also help us personally grow and become better people because of it. Embrace the reflections and use them to make the positive changes you would like to add to your life mentally, emotionally and practically after this is over
- ✔ Remember that William Shakespeare is thought to have created several of his masterpieces while on lockdown from the bubonic plague. What will be your coronavirus legacy?



CORONAVIRUS

**TOGETHER WE CAN  
BEAT IT**

**Please keep yourselves  
and your children safe**

**unrassel**

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