

BEATING

LOCKDOWN

BLUES

Steps for Success

lockdown

No one ever suspected that a pandemic would hit in 2020 and result in months of unprecedented lockdown.

So, for young people, this is a whole new experience and it's tough whatever your own personal situation. Staying healthy through this time is really essential, not only abiding by the Government's suggestions but keeping mentally healthy alongside.

Keeping our eyes fixed on Jesus and trusting him with each day, our health and that of our family will help you to feel thankful and positive. Having a faith will also give you the strength to be disciplined in maintaining the steps for success explained in this leaflet.

Thinking back to when the disciples had just witnessed the crucifixion and were hiding in the upper room with the door locked, Jesus appeared and comforted them with the words 'Peace be with you' John 20v26. Earlier when Jesus went to spend the night in prayer, the disciples were caught in a storm, Jesus went to them and, as he stepped in the boat, the winds immediately died down. Mark 6 46-51. Whatever you are facing or will face over the coming months, Jesus is right there with you.

further help

[Youngminds.org.uk](https://www.youngminds.org.uk) is a brilliant online resource with helpful advice on what to do when feeling anxious or depressed.

Download the App '[mindshift](#)' this helps you to monitor your mood daily and help shift cycles of negative thinking.



Positively Teenage by Nicola Morgan
Really excellent for giving tips about understanding more about the teenage brain and how to stay healthy and positive. 13+ years



You are awesome by Mathew Syed
Fabulous and fun book to prepare you and fill you with confidence to face the challenges that will come your way. 8+

If you are into reading why not download the **Libby** App which allows you to download free e-books from the library straight to your device.

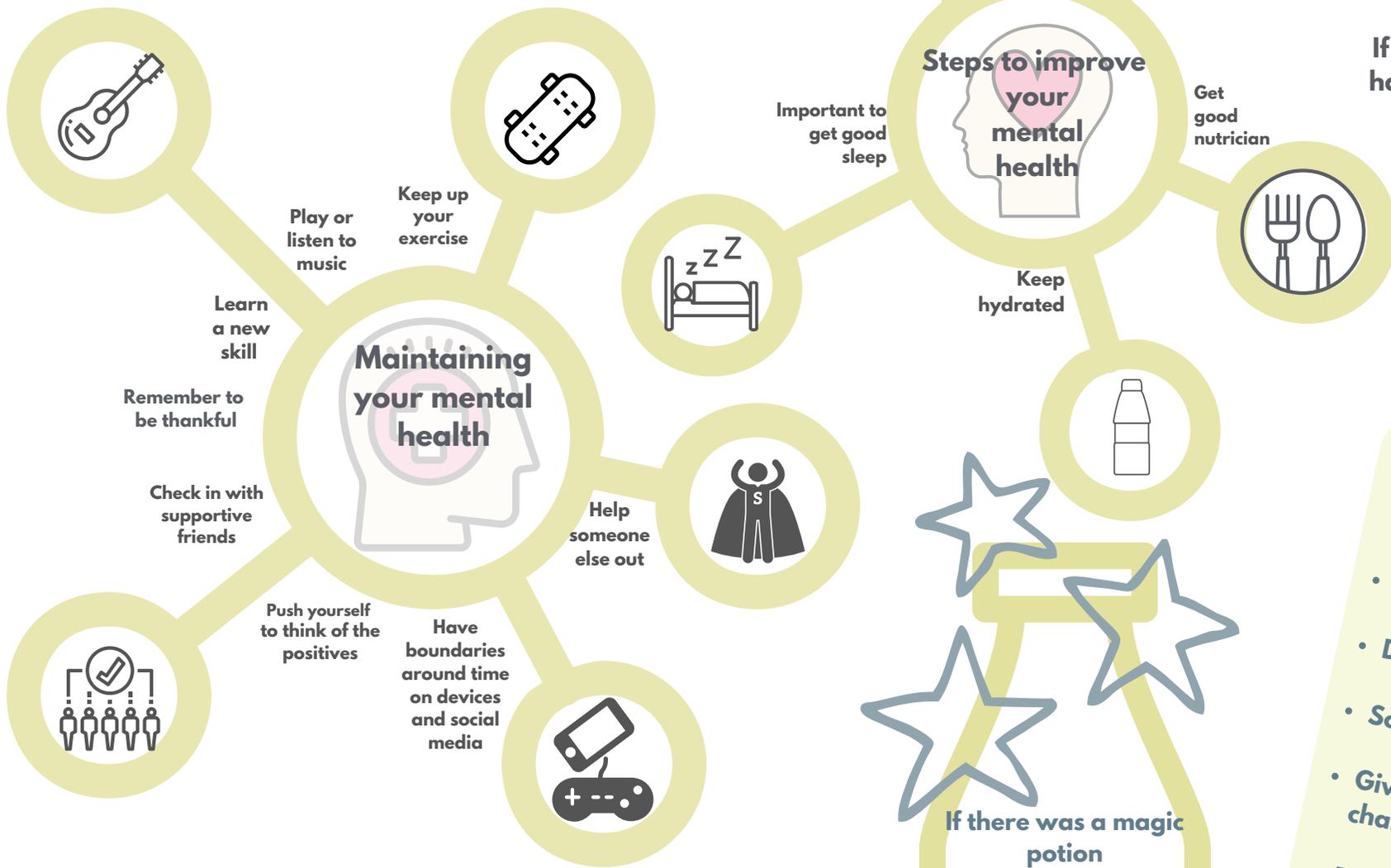
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8 Culverden Pk Rd, Tunbridge Wells TN4 9QX

Enjoyed reading this? **Reboot** regularly goes into schools and youth groups to speak about all aspects of mental health - why don't you invite us along. Contact us at admin@crosswayscommunity.org.uk



If today is tough as your energy has gone and your thoughts are constantly negative - tell yourself, this is hard but I'm going to get through it.

Try achieving something in the next hour. The list below may give you some ideas. This will kick you out of your unhelpful mindset.

Try this right now!

- Put your clothes away
- Delete your old phone messages
- Sort out your desk
- Give yourself only 5 mins to change your bed
- Try running up and down your stairs 5 times

- daily checklist**
- Find 3 positive things to say about the day
 - Fill up your water bottle
 - Swap crisps for nuts
 - Chat to a friend
 - Get some fresh air and exercise
 - Help someone out



If there was a magic potion to help you stay resilient in the face of personal struggles, trauma, illness or pandemics it would be called **LAYMH** or, put another way, **Look after your mental health!**

Quotes from others experiencing isolation:
 "...what kept us sane was having a routine. Joe Wicks in the morning, yoga at night"

"I had some structure, it was important to get up in the morning, make the bed, shower, be smart and ready for work. Just finding a rhythm and a pattern in the day kept me going."