

Life after Lockdown

We have all done a really good job of staying at home and keeping safe. Now people keep talking about getting back to 'normal'.

People are trying to work out how we can still keep safe but do more of the things we usually do, like seeing our friends, going to school and going out and about with our family

This might mean that things will be a bit different. We might have to make sure we stand further apart from people when we are out and about and keep washing our hands really well. We might even need to wear masks.



Things might keep changing for a while as people work out how we can move towards doing more.

Lots of changes can make us feel a bit confused and bring lots of different feelings. Some will be good feelings, like being excited to see friends or enjoying doing things we used to. Other feelings could be quite tricky, like finding things a bit weird and strange. It might make us (and even the grown-ups around us) feel a bit worried or scared.

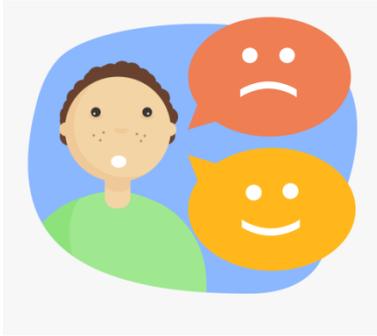


When things change it's really normal to feel worried or nervous. [Here is an explanation of how worries can get in the way, and things you can do to help manage the worries.](#)

Top Tips to cope with change!

Keep talking: Talking about your feelings can be really important, especially if you feel worried or scared. It might be that someone can help you find out information that helps answer your questions, or just sharing your worries can help stop them whizzing around in your head.





Ask questions: If there are things you are not sure about or don't know you can ask! People might not always know the answer but you can think together about how you can find out.

Small steps: Sometimes change is easier when we do a little bit at a time. Getting back to normal can work in the same way. If you've not left the house much it can feel strange to go out and about so it can help to do a bit at a time. Try sitting outside, then going for short walks, build up to slightly longer walks, or time outside, to help you get used to doing things and seeing people again. This will help prepare you for when we are allowed to do even more, like going back to school...

Be kind to yourself: Don't put too much pressure on yourself to make big or sudden changes as this may feel scary. Take things as slowly as you and your family can, and get prepared together, because it's always easier when you are working on things together.



You are not alone: Everyone will be feeling lots of mixed emotions about the changes, which is normal. Not everyone will show how they are feeling, but everyone one will be have been worrying about the changes at some point.