

Looking back to help you move forward

The lockdown has been difficult and (for many) a saddening time and because of it, your life is likely to have changed in a lot of ways. This may appear negative at times. Although it can seem hard to recognise, it's likely that there have also been some good things that have come from it. You will have adapted, you will have kept going and you might even have learned more about yourself, the way you cope and the things that are really important to you.

Moving in to the 'recovery' phase of lockdown is a great opportunity to pause and look back at everything that you've been through and it might be that using the reflection questions below will help you do that. Reflection lets you break down events (whether they're as big as the lockdown in general or smaller one off events) and to start to think them through in a safe and structured way.

By asking yourself the following questions, you can start to look at what was happening and see what you can take from it for the future:

- 1) What happened?
- 2) How did it make me feel?
- 3) What did I do well?
- 4) What would I do differently next time?

When you're thinking about what you did well, it's important to remember that, for you, this could be something like just getting out of bed in the morning. These are your own achievements and you should take the time to recognise them.

Reflecting on your time in lockdown so far, have a go at answering the four questions:

- 1) What happened?

.....
.....
.....
.....

Brilliant care through brilliant people



Visit us at www.kmpt.nhs.uk



2) How did it make me feel?

.....
.....
.....
.....

3) What did I do well?

.....
.....
.....
.....

4) What would I do differently next time?

.....
.....
.....
.....

Now take a closer look at those things that you did well and start to think about the following questions:

1) Have you discovered or developed any new skills or strategies to support yourself and your mental health during this time?

.....
.....
.....
.....

2) Have you tried anything new that you have enjoyed doing and want to continue with?

.....
.....
.....
.....

3) Are there any things that you've done that you might want to take forward with you in the next phase of the lockdown?

.....
.....
.....
.....



Please call **01622 724131** if you would like this leaflet in a different language or format.

Visit us at www.kmpt.nhs.uk