

**COVID-19 has caused a.
lot of
CHANGE**

**To cope with this you
might try to...**

**Escape the
Situation**

OR

**Control the
Situation**



You are likely to react to this change in 4 stages...

1- Shock

These big changes can make you feel exhausted, It feels like you have taken a huge physical blow. But try to be brave if you can. Look at the situation without feelings involved and gather TRUE facts.



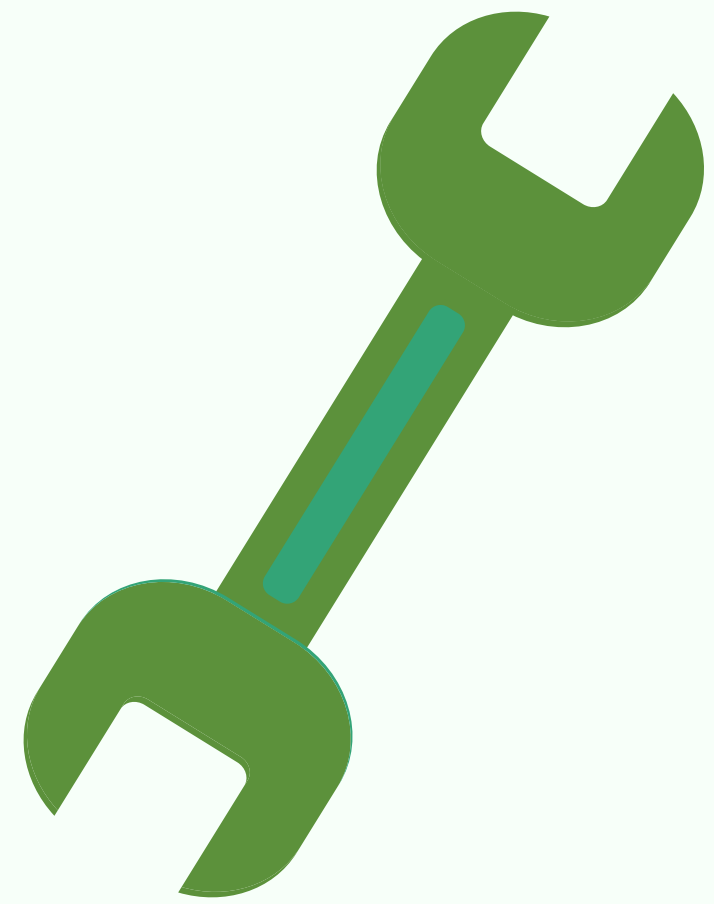
2- Anger & Fear

As you are getting over the shock of the situation, it is normal to feel angry or worried about the future.

Don't try to hide your feelings, try to be open with your family about your worries but don't let those bad feelings get the better of you!

3- Adjustment

We can not control this change, but we know that it is not going to last forever and soon things will return to 'normal'. We need to commit to adjusting to the change and find the 'silver linings' in the situation we are in.



4- Acceptance

Once you have been able to accept the situation, you should be able to move on.

Set yourself goals and aspirations for what you want to achieve whilst at home and what you want from the future. This is our new reality at the moment. But it's only for now!



You never know, you might achieve something amazing during this time!

Change can make us feel trapped and insecure but we must remember that we're not alone, everyone is going through the same thing at the moment.

**Don't be afraid to seek support.
And remember, after a storm comes a rainbow.**



GREAT MINDS TOGETHER



Great Minds Together



@GreatMindsTogether



@GreatMindsMCR

www.greatmindstogether.co.uk