

A mix of emotions

I will be very honest and say that it is hard to put onto paper how I am feeling. I have been putting off starting to write this blog because sometimes I don't even know how I feel about the crazy time we are all experiencing! Over the last five weeks in lockdown my emotions have varied, but knowing we are all going through this hard time together is a reason to remember that everyone will have different experiences and emotions throughout this time and that is okay.



When lockdown was first put in place due to COVID-19 everything felt so surreal. I was feeling concerned about how the virus could affect the wellbeing of my family and friends, but I wanted to stay positive and focus on maintaining a routine so that I felt calmer and was kept busy. I focused on making sure I was exercising every day, keeping in touch with friends and spending time with family that I usually wouldn't have. One part of my routine that I have struggled to keep the same is my sleeping pattern. I have been falling to sleep at different times every night and waking up either early or really late even if I have an alarm set for a certain time.

It is now week five of being in my home and I have realised it is not easy to keep motivated all the time, at times I have felt all over the place and I haven't wanted to do some of the things I had planned such as exercise or work I have been set and I admit that it has affected how I have been feeling but it is okay to just give yourself a break in order to make you feel better in yourself. I find watching a good TV series or a movie can really help let you relax, try cooking and baking to keep your mind off things and going for walks helps to clear my head.

I never thought I wouldn't be able to see some of the people closest to me for over a month. I have realised that the once called "little things" in life you never really thought about, are definitely big things that cannot be taken for granted.

I remind myself that it is completely normal to have ups and downs during this strange and uncertain time that we are all experiencing.

Please remind yourself too!