

SHEFFIELD  
FLOURISH

Easing out of  
Lockdown



A printable  
mental health management  
resource pack

**A recent survey done with**

**SHEFFIELD**

**FLOURISH**

**showed that 57.1% of people surveyed felt their mental health was worse because of the easing of lockdown.**

**This resource pack has some exercises that could help when thinking about your own mental health in the current situation. It can be printed out, and has space for you to write in.**

**There is no need to complete the exercises in order, and you might choose to only complete the exercises you personally find useful.**

## Reflecting on your feelings about leaving lockdown

It can help to write down your thoughts and feelings about something that is having a negative impact on you. This worksheet is based on a reflective model that aims to prompt expression of thought and ideas. The next sheet has more room for writing, or you could use your own paper.

You may find My Toolkit at [toolkit.sheffieldmentalhealth.co.uk](https://www.toolkit.sheffieldmentalhealth.co.uk) helpful for journaling your thoughts, or to vent them when needed!

**What?** is the problem/difficulty/reason for feeling like this?

**So what?** else is happening/can this teach me/else do I know?

**Now What?** can I do to feel better/stop being stuck/learn from this?

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**FLOURISH** community members gave some great responses when asked; **"how would you advise others to look after their mental health during the current situation?"**.

Here are some of their answers.

"Accept what you cannot control"

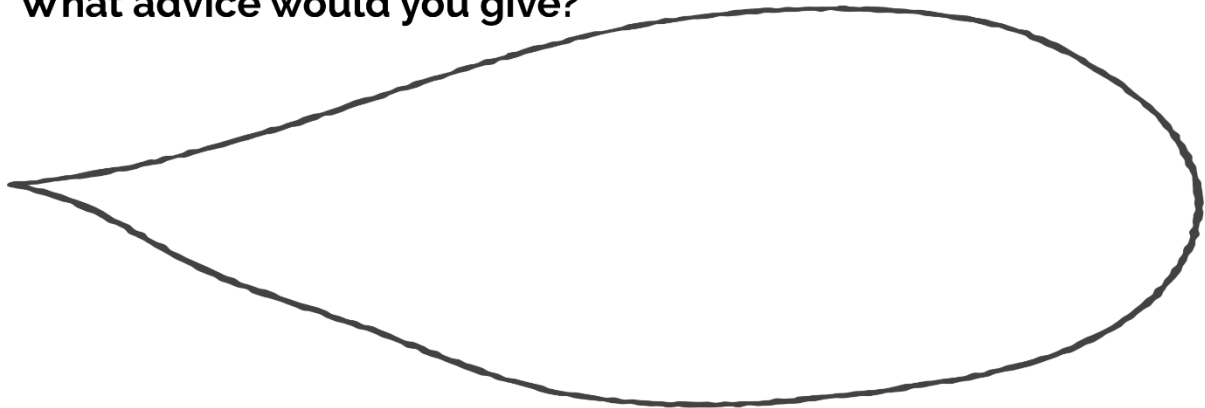
Never give up!

"Take your time, and look after yourself"

"Focus on positives from lockdown and what you want to continue. Plan short trips out to get used to it. Have a pack with masks, gloves and sanitiser. Use any techniques you have learned"

"Identify what you are struggling with. Is it something you can change yourself? If so make the change. If not, find out who can help, and get support"

**What advice would you give?**

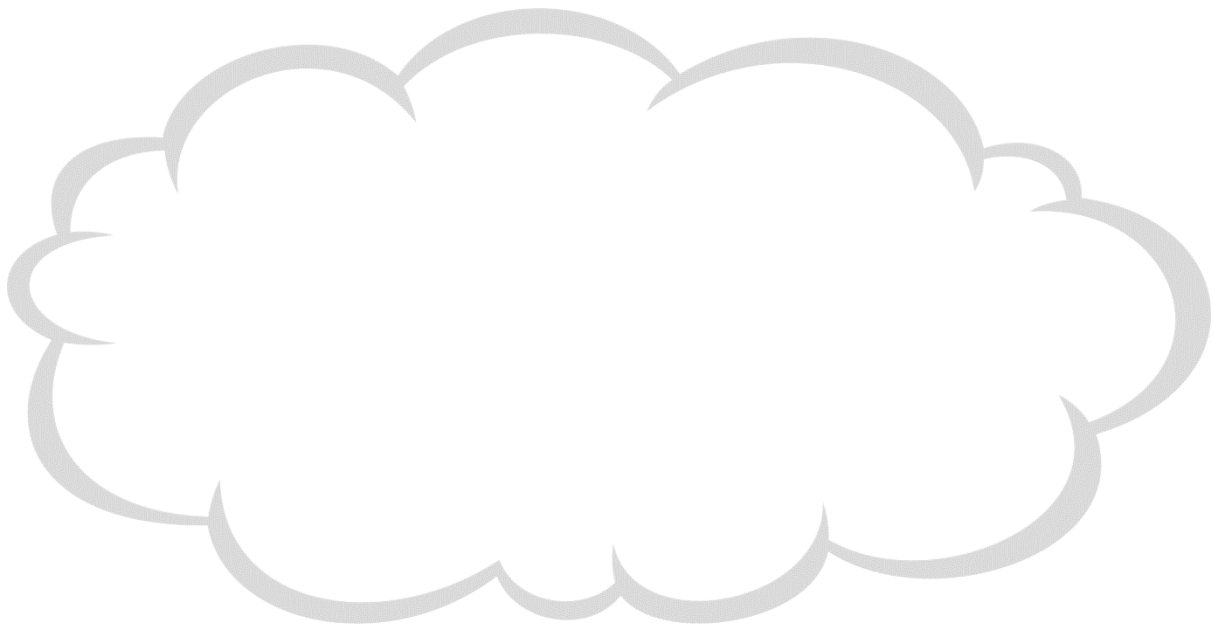


Worries about other peoples' behaviour or influence is affecting many at this time. **Assertive communication** can help with feeling more confident when addressing this issue. Here are some tips on how to communicate assertively.

**Assertive communication** means standing up for your own needs and wants, while also taking into account the needs and wants of other people. It means not being **passive** or aggressive.

You can **practice** assertive communication by using;  
- a calm tone of voice - confident body language - eye contact if able

**Write down some thoughts and feelings you would like to be able to clearly express to others.**



**Remember to;**

**Respect yourself.** Your needs, wants and emotions are as important as anyone else's.

**Express yourself calmly and clearly.** Try to express your feelings factually. You could start with, "I feel like....."

**Plan what you will say.** Consider what words you would like to use to express yourself. You can use this tool to plan.

**Say "No" when you need to.** You cannot please everyone. You could offer to help find another solution if you feel able.

How might you express the feelings and thoughts you wrote down on the previous page, in an **aggressive** way?

(Example; "I'm sick of you trying to get me to go out, when you know it makes me anxious!! Can't you just leave me alone?").



How might you express those feelings and thoughts in a **passive** way?

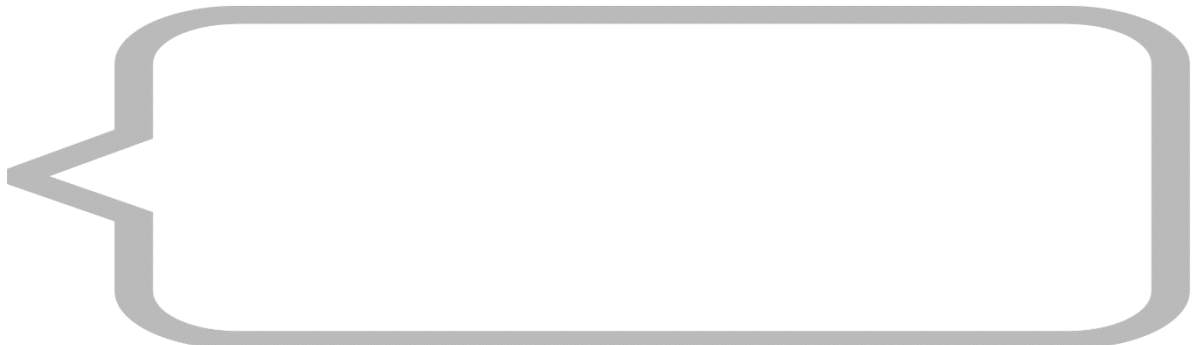
(Example; "Ok, I'll do it if you really want me to" (feeling unhappy/anxious)..



How might you express those feelings and thoughts in a

**passive-aggressive** way?

(Example; (sarcastic) "Oh yes, that's fine, I'll just do what you want, shall I?").

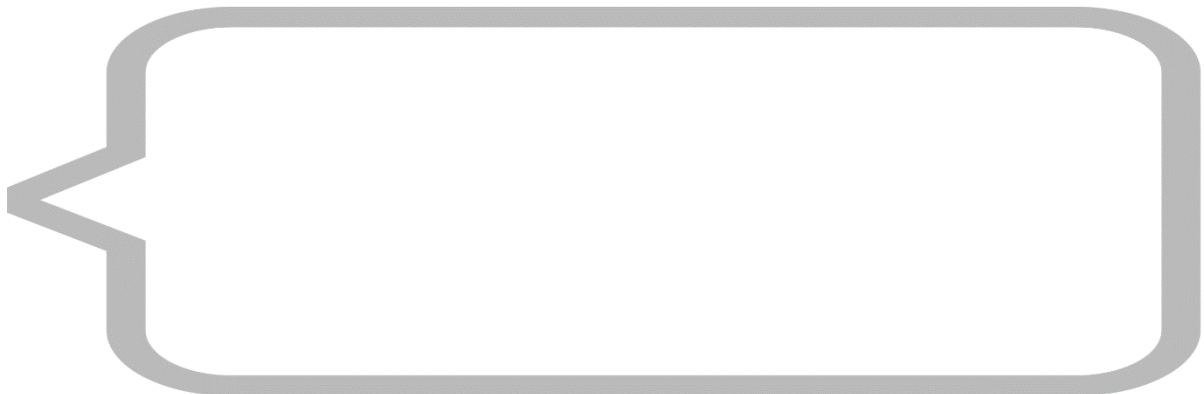


Now consider the thoughts and feelings you wrote down earlier. How would you **want** to express them?

How can you do this **assertively**?

Use this space to plan what words you would ideally use.

(Example; "I know you want to... That makes me feel..... Could we...?")



(Adapted from a free worksheet available at [therapistaid.com/therapy-worksheet/assertive-communication](http://therapistaid.com/therapy-worksheet/assertive-communication))



If you find yourself in a situation where you feel uncomfortable or anxious, you could try using the **'Five Senses' mindfulness technique** to help you deal with difficult thoughts or sensations. You could practice this, now, or at a more convenient time.

### **FIVE SENSES MINDFULNESS TECHNIQUE**



**Notice five things you can see**

**Notice four things you can feel**

**Notice three things you can hear**

**Notice two things you can smell**

**Notice one thing you can taste**

It can be calming to use your 5 senses to self-soothe when going out or being in a situation you know may make you feel uncomfortable. You could make sure to take some favourite music, or have a tissue with your favourite scent or essential oil on it. You could take a photograph of a loved one, a pet, or a place that makes you feel happy.

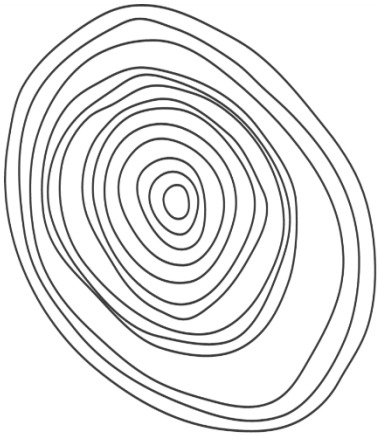
Can you think of any other examples? What might be helpful to you?

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The next three pages can be coloured as part of a mindfulness exercise. They are designed to be used with a breathing technique which can be used if wanted.

The technique is to start by colouring the words **'in'** and **'out'** while slowly breathing in, then out, at a comfortable pace. Try to keep breathing like this while colouring the other parts of the page.

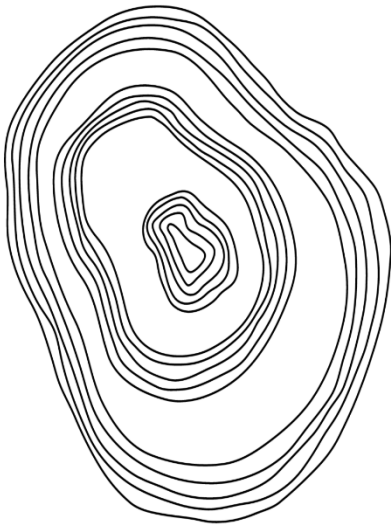
5 senses technique adapted from [therapistaid.com/worksheets/mindfulness-exercises](https://therapistaid.com/worksheets/mindfulness-exercises)



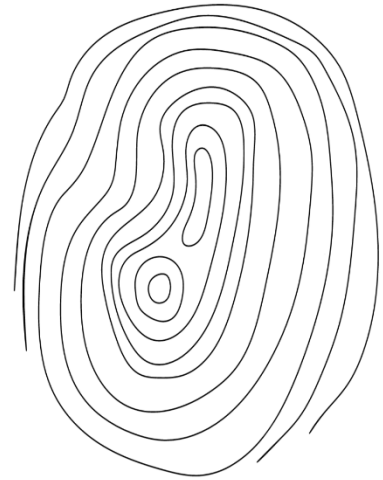
in



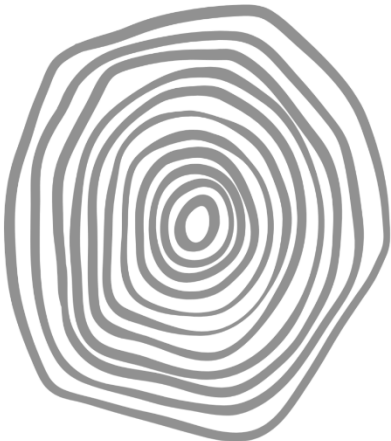
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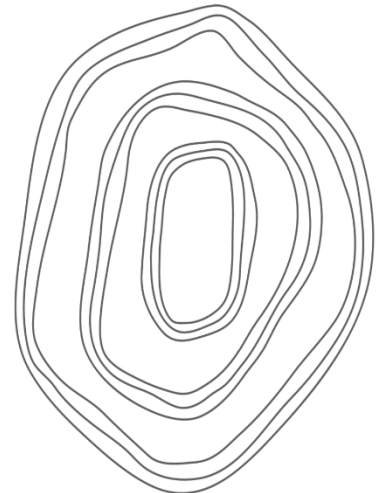
in



out



in



out



