

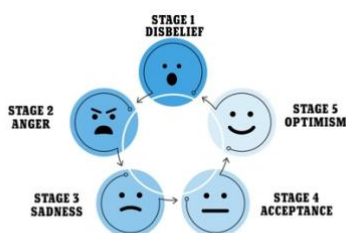


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## Emotional Stage of Lockdown 1: Disbelief



The 5 emotional stages of lockdown (different to the 5 phases that our country will roll out) can take place at different times for different people. Mimicking the Kübler-Ross grief cycle, the stages of lockdown revolve around a loss. It is a loss of connectedness and a loss of what we know. We have been thrown into disconnection and the unknown.

Many people are (hopefully) past the **Disbelief** stage by now, but it is important to know why these stages happen when and how they do.

### What could this disbelief look like?

In earlier stages citizens did not believe the virus was real (some still call it a hoax!), and later, after acknowledging it was real, many did not believe it would affect us in South Africa. Even now, when our statistics look good comparatively, it's difficult to face the real truth all the time. This disbelief can look different for different people.

### What purpose does disbelief serve?

- Stops us from having to face the facts.
- It protects our emotions and vulnerability - Stops us feeling anger, anxiety, grief, sadness, frustration and many more.
- Helps us to feel more in control.

### What can go wrong by staying in the disbelief stage?

- Inadequate safety precautions (going out without masks, gathering socially, not getting medical attention of you're sick)
- Hinders the ability to move on and accept the reality

### What can be done?

- Use your wise mind – a balance of emotional and rational thinking.
- Feel how you need to feel.
- Talk to somebody you trust.

