

## Emotional Stages of Lockdown 3: Sadness



Currently, an estimated 2.6 billion people – one-third of the world's population – is living under some kind of lockdown or quarantine. The Coronavirus and the mandated lockdown have resulted in the expected increase in emotional difficulties in many of our lives. The reasons these emotional difficulties emerge from the risk of infection, fear of becoming sick or of losing loved ones, as well as the prospect of financial hardship.

Together with the discomfort of the lockdown feelings of disbelief and anger; another emotion that is part of the emotional stages of lockdown is **sadness**. Sadness is a natural reaction to how drastically our worlds have changed. These changes involve capsized travel plans, indefinite isolation periods and drastic changes to our routine. No wonder we occasionally feel sad. It is normal to feel sadness and other negative emotions during this time. When these emotions do arise, we must accept them and accept that they can grip us at any stage of our lockdown journey, while confronting the discomfort they cause without any judgement.



This article documents 4 tips and tricks that you and your children can do to keep a healthy handle on the lockdown blues:

### 1. Clean house.

A chaotic home contributes to a chaotic mind. With all the uncertainty happening outside your home, try to keep the inside organized, predictable, and clean.

### 2. Be kind to your body

Keep in mind that your body is just as important as your psyche during this time, but do not overdo it. You do not have to return to life after lockdown having been able to do 150 crunches. A good yoga stretch, or a warm bubble bath will also do the trick!

### 3. Virtually maintain social relationships with those that you are not physically in lockdown with.

Catch up with your friends and family. Make sure these virtual catchups consist of more than a Facebook like or an Instagram comment. Rather try to have meaningful phone calls or video calls with your relatives at least twice a week. Even on the days that it seems impossible to drag yourself out of bed and the thought of catching up with a relative seems unbearable, try to do it anyway. Making this effort will be worth it!

### 4. Introduce a new routine:

It goes without saying that in our unconventional practice of social distancing and lockdown, our routine has been thrown out the window. This change has increased the

importance for families to try to introduce and uphold new routines during the lockdown. Not only will the implementation of a routine provide you and your family with a feeling of safety and security, but it will also allow you to regain some control over your day-to-day sense of purpose.

#### 5. **Forgive yourself for feeling down.**

We are indeed living through extraordinary circumstances and having to navigate the unknown. It is important to remember that you don't need to come out of this social isolation having learned how to bake croissants or be able to register for an Ironman competition. None of that is necessary, rather acknowledge your feelings as and when they come. **Give yourself space to feel them and should you find that the rollercoaster of lockdown emotion is too much to handle, please reach out and seek professional assistance to help you navigate your way through this time.**

Coronavirus has thrust us all into uncharted territory. Lockdown is our new reality and, for now, this virus dictates the way we live. Although no one is immune to the rollercoaster of emotions caused by this virus, we hope that the practice of some of these suggestions can help you and your family keep a healthy handle on the emotional rollercoaster that this global pandemic has thrown us into.



#### **Resources used:**

<https://www.sasop.co.za/lockdown-mental-health>

<https://www.cipla.co.za/cipla-news/looking-after-your-mental-health-during-the-covid-19-lockdown/>

<https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/covid-19-lockdown-guide-how-manage-anxiety-and>

<https://curlytales.com/ways-to-take-care-of-your-mental-health-during-the-lockdown/>

