

# Improving Wellbeing During Lockdown

## A 5-Step Plan

Each of our webinars have been designed to meet the needs of young people affected by the uncertainty around Covid-19, particularly those who were already vulnerable before the pandemic. Please get in touch if you are noticing any additional needs in the young people you work with which aren't covered in our existing digital programmes - we are happy to design new sessions to ensure they are as relevant and beneficial to young people as possible.

All our webinars are interactive and use elements of storytelling, debating and artwork to increase trust and connection between participants and social and emotional wellbeing.



### Webinar 1: Exploring Beliefs

#### Outcomes:

- Connect through sharing opinions and likes/dislikes so participants feel less isolated.
- Understand other participants views and perspectives and notice commonalities.
- Explore where attitudes and beliefs come from, and discuss whether Covid-19 has had an impact on their opinions.
- Experience how difference can be debated non-violently, and conflict can be managed calmly (even under stressful circumstances).
- Share their voice and be heard and respected by others.



### Webinar 2: Managing Triggers

#### Outcomes:

- Challenge assumptions and how we can behave automatically without having all the information we need.
- Realise there is a pattern to violence/negative behaviour, which can be triggered quicker/more frequently under stress.
- Start to realise their own pattern (thoughts, feelings, sensations, behaviour) and consider the impact of Covid-19 on this pattern.
- Identify some of their behavioural triggers.
- Recognise they are not alone in their thoughts, feelings, actions, needs.



### Webinar 3: Wellbeing & Coping Skills

#### Outcomes:

- Explore what nurture means and it's importance in terms of wellbeing (especially during the Covid-19 crisis).
- Explore what sensations we have in our body when we feel overwhelmed by emotions.
- Understand the 5F's (Fight, Flight, Freeze, Flop, Friend) as automatic responses to stress.
- Experiment with a range of different coping strategies.



### Webinar 4: Exploring Emotions

#### Outcomes:

- Explore why we have emotions and the range of different emotions.
- Increase emotional literacy and emotional awareness.
- Discuss whether Covid-19 has had an impact on emotional intensity / ability to manage emotions.
- Explore attitudes and beliefs about emotions and how they might affect thoughts and behaviour.
- Find commonality amongst group members so they feel less alone in the emotions they may have experienced during Covid-19.



### Webinar 5: Resilience

#### Outcomes:

- To identify the components of resilience and where it comes from.
- To explore what helps or hinders feeling resilient – and discuss whether Covid-19 has had an impact.
- To access some quick coping strategies for times when we feel overwhelmed.
- To explore the thinking, feeling and behaviour associated with resilience.
- To have a shared experience of the power of appreciation and notice how resilience is related to our strengths and qualities.