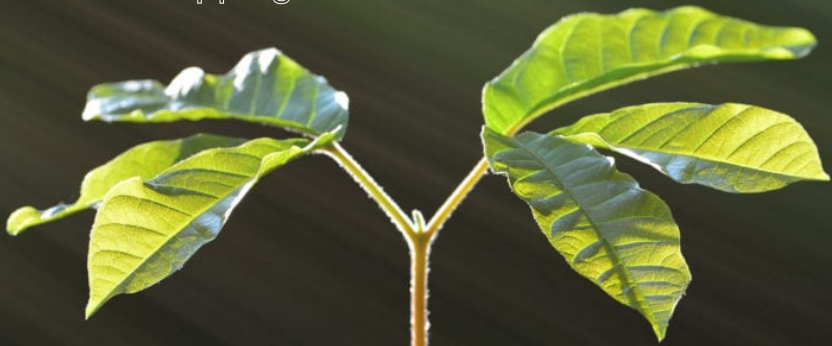


^{your}
RECOVERY
... Stepping Out



The Pandemic and Me

The Covid 19 Pandemic has impacted each and everyone of us. We have all had a personal and individual experience.

As we move along a road to recovery it will be helpful to take time to reflect on those personal experiences.

There will be things that we want to be thankful for... experiences that have made us sad, things we miss and long for again.

Take some time, try to find 30 minutes or so in a quiet place and begin to reflect on those personal experiences.

There are two spaces here one for 'Thankfulness' and one for 'Sadness'. Try and use the questions in each space as launch points to explore what has been happening for you.

Use the spaces to help you, note down your thoughts and feelings.

Thanksgiving, being thankful for things is a popular wellbeing tool that we can use to help us with our mental health, even on the toughest days.

Things I'm Thankful For

You might start by thinking about the small daily things like food... a cup of tea, a song ... as well as big things like front line workers.

... My Experience

Things I'm Sad About

These might be about loss... people, things, hopes. Maybe longings for a better future.

There is so much over the last twelve months to be sad about.

We might talk about these things, or choose to express ourselves creatively; making a painting or sculpting. We might write a song, or sing sad songs.

To remember people by we might make photobooks or scrap books.

We might find that crying or walking or exercising are outlets that work for us.

Some find that prayer is helpful.

Practices

There are some things we can do as daily routines that will help us as recovery loads up and we look to move forward.

On the back page there are two boxes. You might want to complete them and make doing that a daily practice.

Practices

My Thankful List

Write down each evening, the 3 things you are grateful for from the day.

My Sad Stuff

Write down regularly, a list or make a poem about how you feel and read it aloud.



SESSH

South East Southampton Support Hub

'people and organisations working together'

Partner Organisations... Help can be a phone call away...

So:Linked - 023 8021 6050

Southampton Living Well - Day Centres Tel: 023 8051 6024

Options Counselling - One to One professional counselling - Tel: 023 8063 0219

Age UK Southampton Information and Advice - Tel: 023 8036 8636

Communicare: Befriending Phoneline - Tel: 023 8021 6016

Frontline Debt Advice Thornhill, Telephone for appointment 0780 6264020

Basics Bank Clothes Bank @ Ascension Church *Open Again 21/04 10.30 -1.30*

Thornhill Baptist Church - 023 8046 4121 or email office@thornhillbc.org.uk.

Ascension Church Bitterne Park - 023 8055 9074 office@ascensionsouthampton.co.uk