

Here we are,
in March 2020

The Coronavirus disease
(COVID-19) has taken over.



Reflections

2: Who am I?



When things are put under pressure and squeezed, their contents come out.

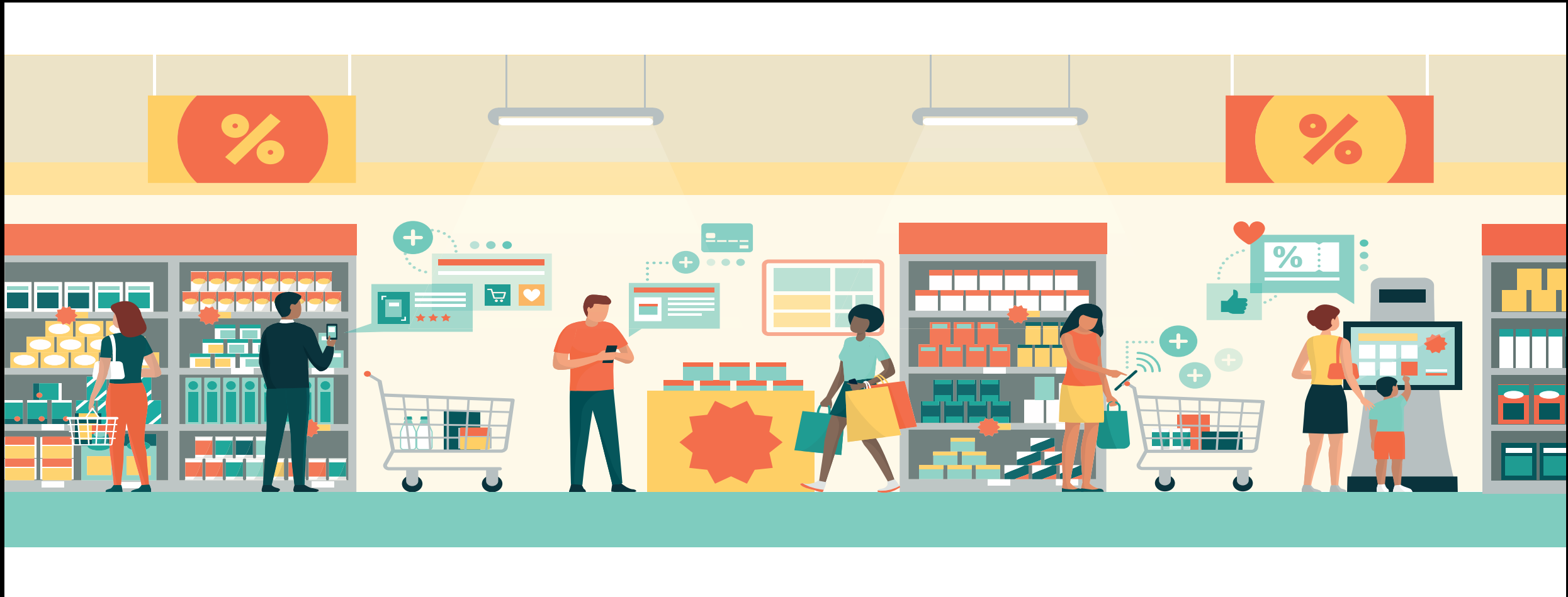
Just like when you squeeze a tomato sauce bottle, tomato sauce comes out.

Sometimes what comes out when we are under pressure surprises us or the people we know.

**At the moment, people
are under pressure.**

**What behaviours are you
seeing come out?**

Some people panic, stockpiling too much or other items, even though it may leave others short.



**Some people don't
acknowledge the rules we
have been given and therefore
don't follow guidelines about
social distancing.**



Some people get angry: they shout at others if they don't like what they see, they get stressed and can shout because they are anxious; they might feel desperate.



Some people give kindness:

offering to do the shopping
for a neighbour

putting a leaflet through doors
offering to help if people are self-
isolating

offering resources for free

offering to volunteer

people going back into the NHS after retiring



Some people get creative:

- Gary Barlow has started a duet each night with other famous musicians
- actors are performing shows online
- online parties are happening on zoom





**People are finding ways
to do normal things in a
different way.**

Some people see opportunity in the difficulty: they see what they can do, not just what they can't. They grab the chance to do things differently, to get into different routines and try new things.




Which one best describes you?



No one wants to be in this situation.

**This isn't good for anyone BUT that
doesn't mean we can't choose our
attitude in it.**



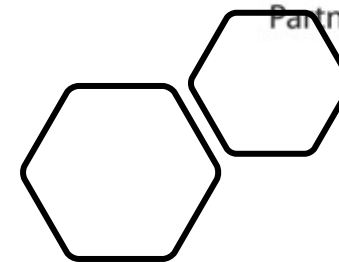
**You can't
control what's
happening, but
you CAN control
your attitude.**

When you are under pressure,
you can decide what comes out.

“It will be okay in the end and if it’s not okay, it’s not the end.”



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Such an inspiring message from Gemma Oaten on how this challenging time could be used by you to benefit you and those around you.