

COMBAT STRESS 100

LEARNING RESOURCE 3 COVID-19, PTSD & MENTAL HEALTH

**Thoughts about the pandemic
written & voiced by students from
St Thomas More Language College**

MELANIE

Over the time, I learnt to appreciate the little things in life; to spend more time with family and to have quality time focussing on myself. This helped to improve my mental and physical health. Once this 'lockdown' is over, I would like to go to the park again, to play tennis and football with my friends, or to go to the cinema and watch a new movie that has just come out. Or lastly, to go to restaurants and act like children we once were.

VICTORIA

List of things and places I have missed because of Lockdown:

Going swimming

Hanging out with my friends and going shopping, restaurants and days out

Going to school

Visiting friends and family

Travelling to places like Paris

Freedom and bravery to go out without having to worry about Covid laws At first I was equally annoyed and happy that we were going into Lockdown because I'm the type who prefers to stay at home in the warmth and comfort of my bed instead of going outside everyday in the boring rain and cold of London. Although I was partially annoyed about Lockdown because it would mean I would miss all the fun and important events of school. Now my thoughts on Lockdown have changed and I understand why most people especially the older generation hate Lockdown. Lockdown to them is more than being able to stay at home and relaxing most of the day. It's a time where loved ones who some thought we would make it to the end of the line with, have sadly passed away. These sudden passings leave some people in trauma, heartbreak, shock and many more emotions and they just have to "accept" it.

It's also especially hard for people like veterans because before Lockdown they were experiencing help to recover from traumatising events from their family or friends and now they have to be isolated from everyone again suffering the trauma that they had worked so hard to hide or control in their memory.

** There is no audio recording to accompany this paragraph*

List of everyday things veterans have missed so far during the pandemic:

Face-to-face conversations with people

Possibly therapy and guidance counsellors

Being with their friends and family

CHRISTINA

Lockdown has affected my motivation to prepare for future exams and my school experience. It is more difficult to learn online as it is a completely different environment and It has affected my school experience as I am missing out on activities other year groups would have been able to complete. Lockdown has affected events like birthdays ,once seen as happy events that now carry a different feeling.

SOPHYA - Poem

Vacation from civilisation.
Didn't think it would take this long,
Though I was never certain.
Took my last glimpse of reality,
These memories are a burden.
Distant in person.
Distant in memories.
Starting to forget your voice,
Forget your face.
Only in person will it seem the same.
Seem normal again -
All I want is certainty.
Why can't things just be certain?
A guarantee that things will stay the same.
I'm not the biggest fan of change.
I want a guarantee that things will turn out alright.
That I'll be able to hug you under the stars and their glistening light.
Don't wanna see you through a screen,
I wanna kiss you,
Hug you,
Feel your body next to me.
All these bittersweet moments that we took for granted,
For the last time we saw each other,
The last time you called out my name,
The last smile of yours
I saw in real life -
Never did I think it would be the last time.
How did it all get like this?
When did living mean isolating?
When did fear mean
Wanting to protect your loved ones?
Fear from hurting others with your presence.
I just want a tight hug,
To seem eternal and everlasting,
Because hugs are all I'm feeling right now
And I don't wanna be let go.
You know, just that feeling of relief.
That even through the harshest of storms
There can still be that gentle breeze, telling you
It's all gonna be ok.
What's happening right now?
Why's this happening right now?
Certainty may be the feeling of knowing the outcome-
Being sure,
But what I want is the reassurance.
The certainty of the guidance, the love,
To know it won't last forever.
It's being certain that goodbyes aren't forever,
Just I'll see you whenever.
And that everything will turn out ok.