

THE REAL HEROES



What are some of the qualities we would use when describing a HERO?

STRENGTH

PERSEVERANCE

UNIQUENESS

ADAPTIBILITY

Those may eventually be some of them.

Schools are closed, you can't go out with your friends, you're hobbies have been cancelled, you may be missing some family members who you can't visit now, you're confined to your house, dealing with your parents/carers/siblings on a 24/7 basis...

Wow, there's not even any point to keep adding up to this list as you're all well aware of the reality I'm mentioning.

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Following on that let's see:

- You're strong: you're probably invaded by an emotional turmoil but still do your best to keep going.
- You're perseverant - you have been learning to find alternative ways to communicate with others, you haven't gave up on your friends despite physical distance; you wake up every morning and remember yourself that this too shall pass and sometime soon things will go back to normality.
- You're adaptive - you are indeed! Would you have believed me if a year ago I said that from March 2020 you would be closed at home for weeks?! Yep, that's happening, your routines and habits went out of the window while at the same time, you've also entered a world of new possibilities where you can spend more family time, find new activities suitable to do at home (certain kinds of physical exercise, baking, painting, learning new talents...)

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- You're unique: there's only one of you in the world and that's such a precious gift. We are all facing the same reality and the similar obstacles (parents/carers, teachers, friends, celebrities...) although we all perceive and process it within our uniqueness. It's ok not to feel ok sometimes. If you think you're struggling speak with an adult that you trust and remember, Mindspace's Young People's team is here for you too. With a simple, private message, you can reach out to us.

You know what, during lockdown ALL OF YOU HAVE BEEN REAL HEROES!



Let's take a moment to acknowledge all the efforts you've been taking, all the feelings you've been in touch with, all the victories you've been conquering. Be as proud of yourselves as we are, you're doing a fantastic job.