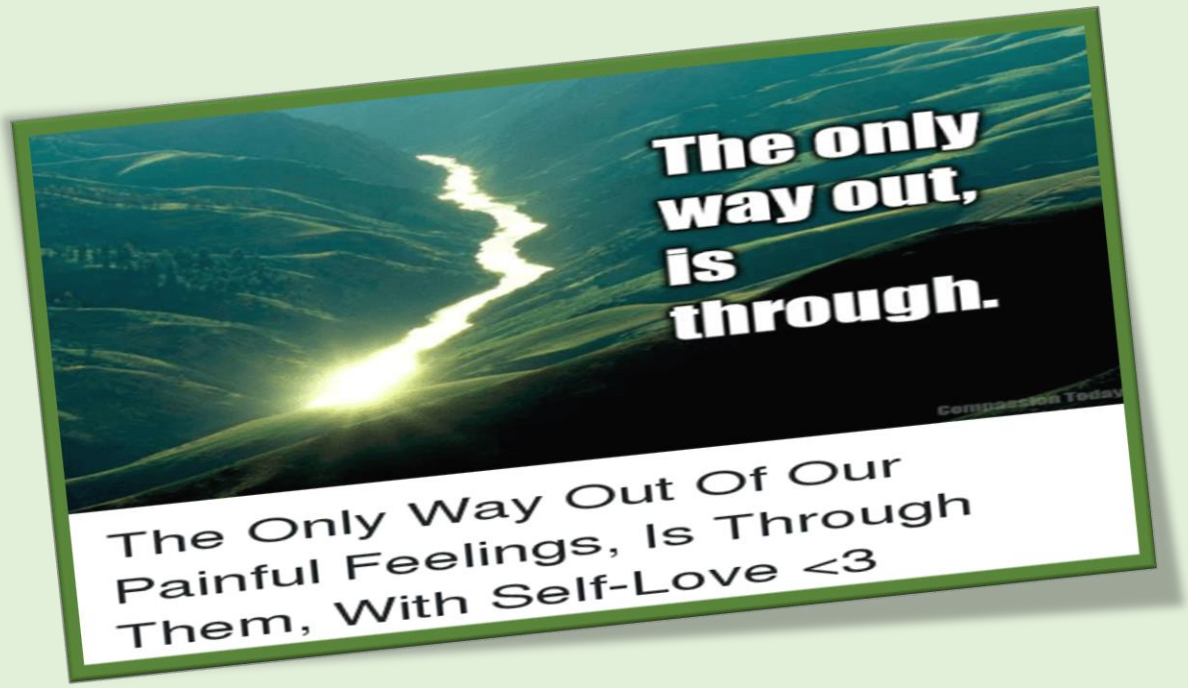
Being a teenager is both amazing and difficult all at the same time. Adding the whirlwind of changes that the Corona Virus (COVID-19) has caused, has only made life more challenging for some of us. With schools closing and cancelled events, many of us are missing out on moments we have spent years preparing for. As well as everyday interactions like seeing our friends and participating in activities and events we were looking forward to. We are living in such a complex and volatile time; things are constantly changing. One minute we are free to move around as we please, the next minute, the entire nation is grounded, and we are all on lockdown!

At first my emotions were all over the place, I did not know exactly how to feel however, I accepted that it is okay to feel disappointed, frustrated, happy, bored and sometimes anxious about our current situation. The last time the world experienced something like this was during the 1918 influenza Pandemic. We are currently living through history. Growing up I would hear stories from older people about living through moments you read about in history books: The Belco Riots, The Theatre Boycott etc. As a listener you never truly feel what it's like to live in that surreal moment in time. This will be, and already is, one of the moments in time we get to give our first-hand account to future generations. Life as we know it is transforming right in front of our eyes. Change can be so scary, but it can also be an opportunity to imagine and dream. Imagine a new way of seeing and responding to the world around us, Dream of what is possible not only for ourselves but for the entire island. Below are some of the things I did to remain optimistic and hopeful for my future.



"We Must accept finite disappointment but not lose infinite hope." Martin Luther King Jr

Safe and Secure. Staying home is for our protection. We reduce the risk of either catching Covid-19 or unintentionally infecting other people.

Team. Make a list of all the people on your team; the people you can call on for support. Family, friends, teachers, counselors and youth workers. Reach out to these people when you need assistance with anything.

Awareness**.** Become aware of your thoughts and emotions. Notice how they make you feel. Practice positive affirmations to shift your mood if needs be. Some of my favorite positive affirmations are …I am powerful, I am capable, I can do anything!

Y.O.L.O**.** Seize the day, take this time to make your life extraordinary. Don't waste time stuck in unhappy and negative feelings. You only live once, so might as well enjoy life, even during a pandemic 😊

Adapt. Fighting change is a losing battle. Being adaptable ensures that we will continue to succeed even when things get difficult. Did you know we would be doing online classes, from home, in the middle of the school year?? Me either 😊

Take Care of your mental and physical health. Unplug form social media if it becomes overwhelming. Go outside in the sun. Practice proper hygiene. Rest when you need to. Reach out to your guidance counselor if you need someone to talk to.

Hope. There is strength in Hope. Know that this too shall pass. Schools will re-open. We will get to hang out with our friends again. Before we know it, we will be doing some of our favorite activities.

Open your mind to learning new things. Try a new hobby. Learn your family history.

Manage Your Time effectively. Write out daily or weekly goals. Set a time limit to complete task. Make time for yourself-meditate.

Evolve. We are all experiencing this pandemic for a reason. Let's take our time and become the best version of ourselves. Don't let this pandemic stop you from being great!

Daily Activities that Make me Happy

Activity 1

- **Journaling**

I started a journal & an Instagram page to help me keep record of my thoughts, experiences and feelings during this time. Journaling and posting on Social media provided me with the opportunity to make internal experiences tangible.

Each night I would choose a word that described how I was feeling, and I would write all about it in my journal. Here are some the words that described me during this Pandemic.

- Frustrated
- Drained
- Bored
- Worried
- Happy
- Adjusting

What are some words that would describe you in COVID-19?

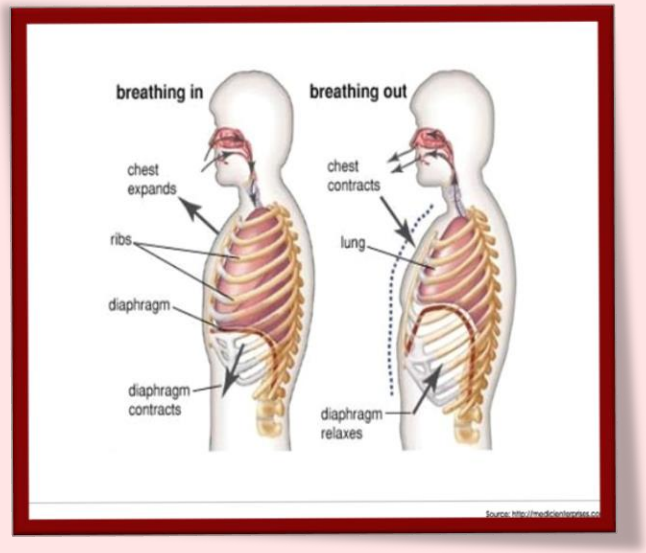
Activity 2

- **Meditate/Quiet Time**

Meditation is the ability to notice our thoughts, and our emotions while sitting in stillness and silence.

1) Sit or lie down comfortably and close your eyes.

2) Focus on your breathing. Breathing is a vital part of life and of meditation. Breathe naturally at first, deepening your breath. When you breathe in, your chest should expand, and your diaphragm should contract out. When you breathe out, your chest should contract, and your diaphragm should relax. Inhale for 2-3 seconds, and exhale for 3-4 seconds, pause and repeat 6 times.



Activity 3

- **Show Gratitude**

Gratitude is a way for people to appreciate what they have. Grateful people experience more joy, love and enthusiasm!

Ways to cultivate gratitude

1. Write a thank you note
2. Thank someone mentally
3. Count your blessings
4. Keep a gratitude journal
5. Pray

When expressing gratitude try to be as specific as you can

More Activities

Do something productive
- Complete chores without being asked
- Clean your room
- Make and cross off a "to do" list

Do something kind/ connecting
- Perform a random act of kindness
- Assist your sibling with their schoolwork

Do something you enjoy
- Listen to your favorite song
- Watch something that makes you laugh
- Read a book, draw, cook, eat

Balancing productivity, connection and pleasure makes us happier

Get in Touch

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Visit www.tfc.bm for family resources and to learn more about Family Centre.

Family Centre

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