

How has Covid19 and lockdown affected the mental health of local people?



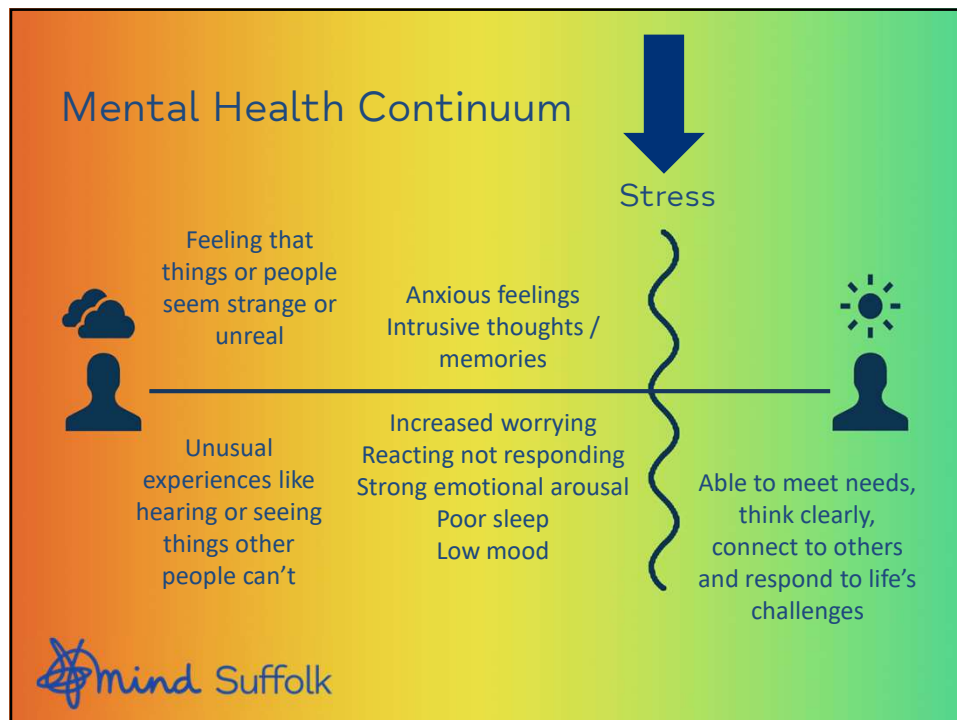
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Covid19,
lockdown and
mental health

- The Mental Health Continuum
- Our Innate Emotional Needs
- How lockdown affected us
- What can we do?

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2



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All living things need to take nutrition from their environment to survive and thrive



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What do we need?



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Meeting Alex's needs...in 2019

"My body is Content"



"I feel Connected"



"I am Calm and in Control"

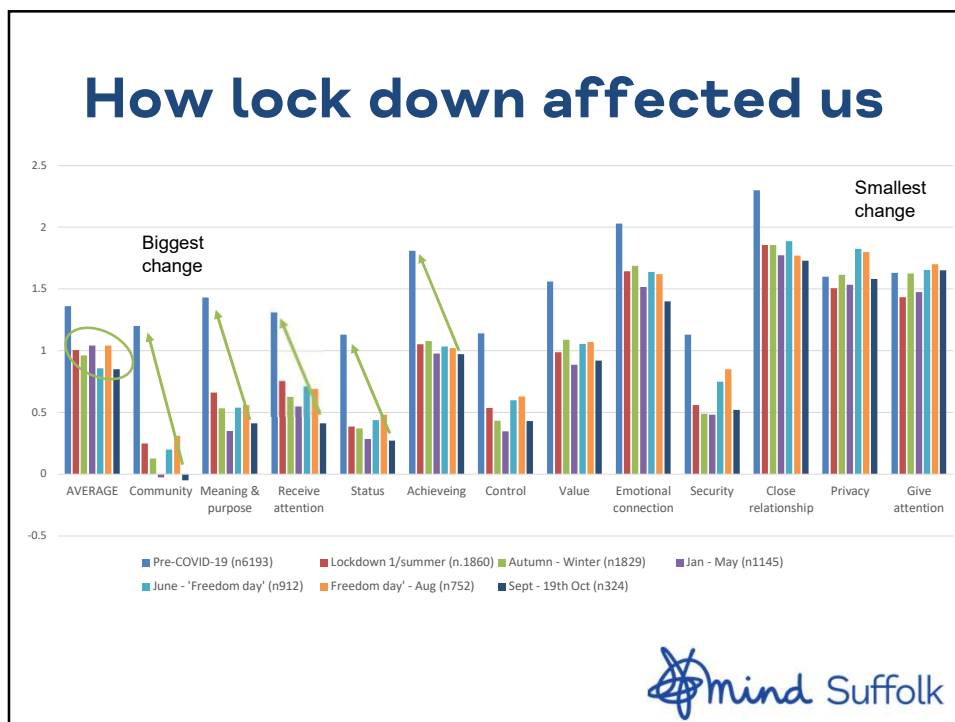
"I Can..."



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8

Emotional Needs Audit



Emotional needs Audit:

1. I feel secure in all major areas of my life. <i>Such as work or home.</i>	-3	-2	-1	0	1	2	3
2. I feel in control of my life most of the time.	-3	-2	-1	0	1	2	3
3. I feel like I receive enough attention .	-3	-2	-1	0	1	2	3
4. I feel like I give other people enough attention .	-3	-2	-1	0	1	2	3
5. I feel like I have a status which is acknowledged.	-3	-2	-1	0	1	2	3
6. I feel part of a wider community .	-3	-2	-1	0	1	2	3
7. I can obtain privacy when I need to.	-3	-2	-1	0	1	2	3
8. I have an intimate relationship in my life. <i>One where you feel physically and/or emotionally accepted close friend or pet.</i>	-3	-2	-1	0	1	2	3
9. I feel I have emotional connection to others.	-3	-2	-1	0	1	2	3
10. I feel that my contribution is valued . <i>This could be your work, volunteering or raising a family.</i>	-3	-2	-1	0	1	2	3
11. I am achieving and competent in at least one major area of my life.	-3	-2	-1	0	1	2	3
12. I feel mentally and/or physically stretched in ways which give me a sense of meaning and purpose.	-3	-2	-1	0	1	2	3
13. I feel that I am doing enough physical activity .	-3	-2	-1	0	1	2	3
14. I feel that I get energy, nutrition and pleasure from my diet .	-3	-2	-1	0	1	2	3
15. I feel rested after sleep .	-3	-2	-1	0	1	2	3

9

What can we do?

• Your Needs Met

Half day online workshop. Enables you to look after yourself and those around you better.

• Emotional Wellbeing in the Classroom

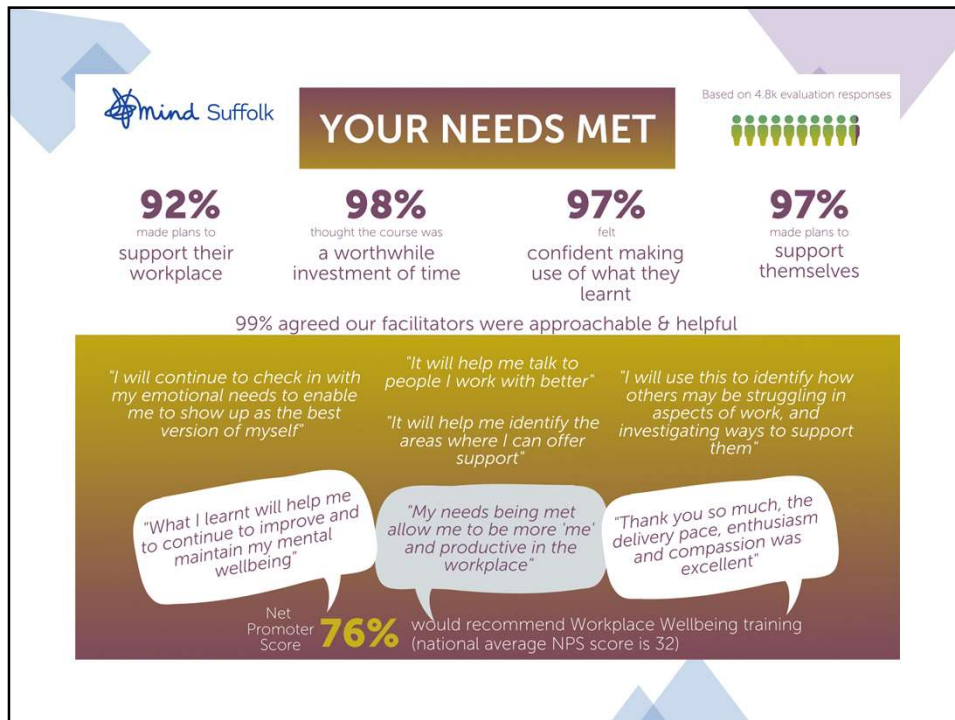
Full day online workshop. Equips staff with skills to read the emotional health of the classroom, meet emotional needs through activities and plan to look after own wellbeing.

• Overcoming Anxiety...

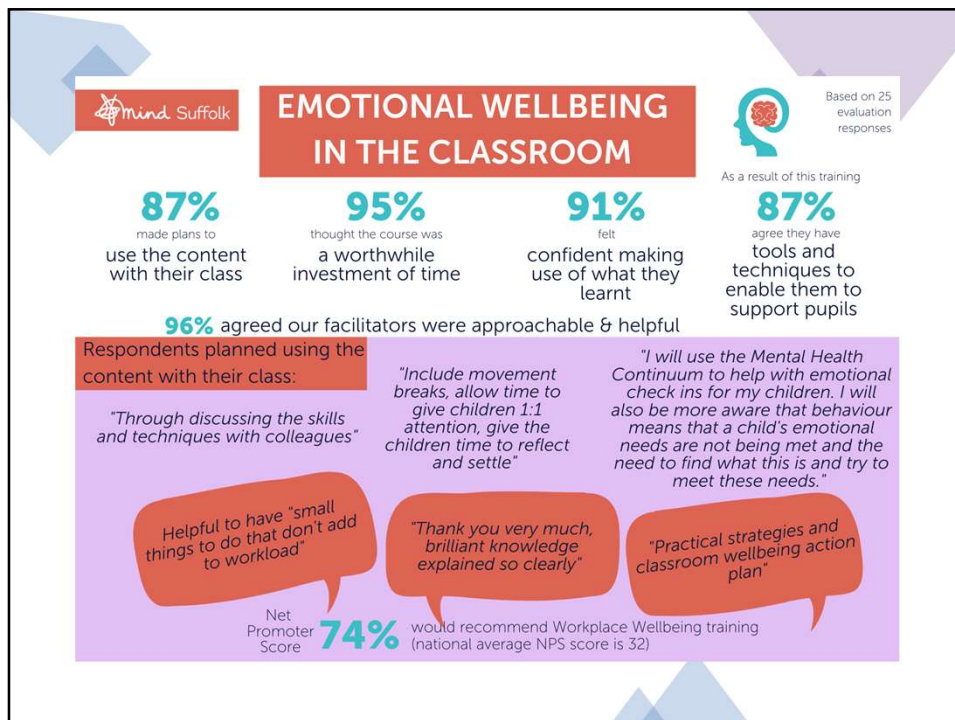
• Overcoming Anger...



10



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What can we do?

- **Your Needs Met**

- £950 per session
- 12 people
- Marketing to communities (Facebook, etc)

- **Emotional Wellbeing in the Classroom**

- £1,200 per full day session
- 12 classroom-based staff

- **Overcoming Anxiety**

- **Overcoming Anger**

- Both need time for development
- Could pilot in East Suffolk among staff, volunteers and community leaders
- £TBC

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