

# Reflections

## 2: Who am I?



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

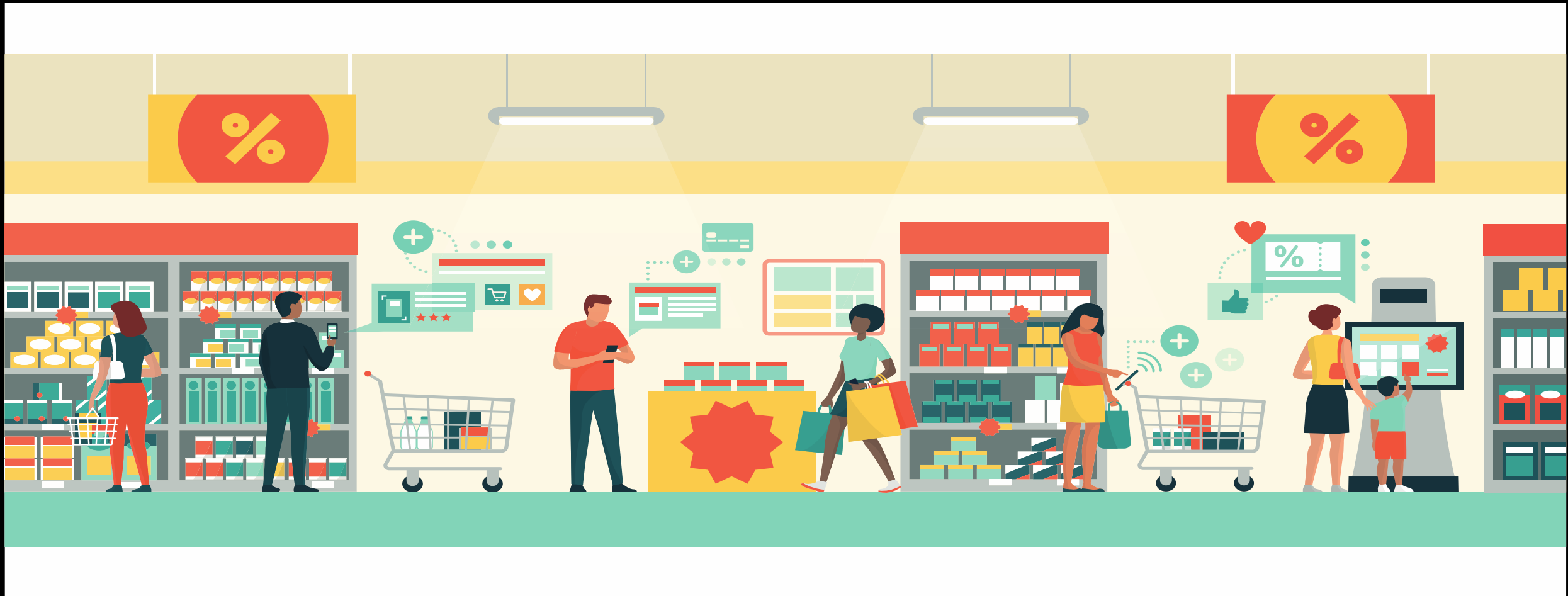
Just like when you squeeze a tomato sauce bottle, tomato sauce comes out.

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.**

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# 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



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## Some people get creative:

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- 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.**

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**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.

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**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.**

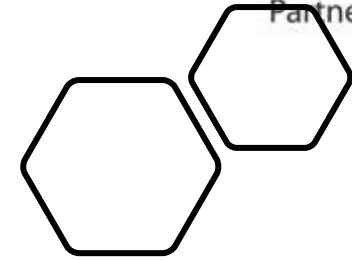
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When you are under pressure,  
you can decide what comes out.

“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.