



**CARE LEAVERS**  
NATIONAL MOVEMENT

# Top tips for coming out of Lockdown

## **Pace yourself but challenge yourself too**

Encourage yourself to take small steps to get back into society in a way that isn't overwhelming.



## **Focus on the present**

You can only do your best with what you have today. With regulations changing frequently and lots of conflicting media discussions, try and keep a focus on the moment.

## **Manage your return to work**

Have a talk with your boss to see what changes have been made to make your workplace covid safe. See if you can gradually return, start with a day or two in the office and the rest from home.



THE NATIONAL  
**HOUSE PROJECT**