Since the corona outbreak and many of you having to deal with self isolation, social distancing and quarantine. How are you managing all those emotions that come with this?

Today I carried out an exercise with a few 8-9 year olds as part of developing their emotional intelligence.

We did an exercise on becoming more aware of emotions. So for the purpose of this exercise, an emotion is a feeling and a feeling is a word to describe that emotion.

As part of the exercise we recognised emotions and having feelings are a part of everyday life and that we can experience different feelings all day long as different things happen.

So I thought this might be an exercise we can all do. I challenge you to check in with yourself once, twice, three to four times a day. Ask yourself how you feel and reflect on these feelings. We can’t change our feelings but what we can do is use these feelings and act on these feelings in ways that are helpful. So for example, social media had me overwhelmed and stressed so I have starting to limit my use and give myself specific time slots.

It has given space for self care. I am drawing, painting, spending time chatting with my boyfriend and learning card games, reading wonderful books and doing yoga. I still love my keep fit and socialising but this time has provided me with alternatives things I can do.

I have recognised I can be a very busy person but this doesn’t always serve me and I prefer to be relaxed, it is more of a reflection of my true self.

So I challenge you, your children, partner and parents and friends to do the same. Would love to hear how it works out for you. There is always light at the end of the tunnel.

Sending sunshine from Sweden.

By Julie Rayner