

ADVICE FOR
TEENAGERS,
FROM
TEENAGERS

Teenagers' Experiences of Life in Lockdown (TELL): Caring for your wellbeing

Briefing #1, July 2020

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We asked 16- to 19-year-olds what advice they had for others managing lockdown. They told us it is important to put your mental health first, and that how you do that depends on the individual. Here's what they advised, entirely in their words. This advice is also similar to evidence around what helps with wellbeing - so The TELL Study Team support it!

"Go easy on yourself..."



It's okay to feel angry, sad, and confused



A lot of people are "improving themselves" in lockdown, but comparing to others isn't beneficial



This is a major crisis, we have to cut ourselves some slack



Writing down how you feel helps you to try and understand why



Don't beat yourself up over not doing what you've planned, and praise yourself when you do better than you expected

"Spend time doing the things you love..."



Do whatever makes you feel happy!



Take time for yourself whilst doing something you enjoy



Finding a hobby can make you feel better



Listen to music you've known for a while or re-watch a show you really enjoyed the first time



Try to find excitement in things that you wouldn't normally be excited about

"Stick to a routine..."



Make sure you get up and dressed every day, and try to leave the house once



Setting mini-goals to achieve every day can take away negative feelings and help you feel better



Have set times for working with consistent breaks



Make new traditions, for example watch a film with your family every Friday



Try to find new things to do with your time so you feel like your day is a little different

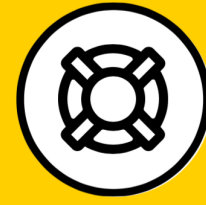
"Stay in touch..."



Keep talking to
your friends



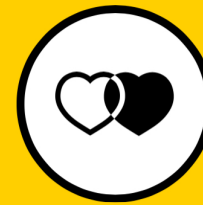
Phone your
family and
friends regularly



Support those
around you



Spend time with your loved
ones and love them hard



Talk to the people you miss
and let them know you miss
and appreciate them

"You're not alone..."



Don't feel like
you have to go
through this alone



Reach out to those
that care about you
- trust me, you're
not a burden



Talk to people
about how you
feel on a daily
basis



If you're feeling anxious or
depressed then call a friend
you trust



Don't be afraid to reach out to
services if you're struggling.
Childline are there if you want
to talk (0800 1111)

“Try your best to remain positive...”



When you're feeling depressed, think about your future - this won't last forever



Imagine how good it'll feel when you can actually go out and do all the things you love again



Don't see this as a lockdown, but as a retreat



It is really important that we remind each other that this is only temporary



Life isn't about waiting for the storm to pass but learning to dance in the rain

What is The TELL Study?

TELL (Teenagers' Experiences of Life in Lockdown) is a research project led by researchers at The University of Manchester and Liverpool John Moores University. TELL aims to understand 16- to 19-year-olds' experiences of the UK lockdown during the COVID-19 pandemic, particularly their wellbeing. We asked teenagers aged 16-19 in the UK to provide a written account of their experiences of lockdown, telling us what lockdown looked like for them, what it felt like, and how they managed it. We also asked what advice they would give to others. More than 100 teenagers shared their experiences with us. This briefing shares the advice our participants offered for other teenagers. Thanks are due to the wider TELL Study team: Alisha O'Neill, Terry Hanley, and Kirsty Pert (of The University of Manchester).



@TheTELLStudy