

# Lockdown

The seven stages of Lockdown



# Introduction



In the early months of 2020, the world was struck by a global pandemic.

Countries around the world used different strategies to suppress this new virus.

One common strategy was to put whole communities into lockdown to prevent the spread.

The mental and emotional effects of being shut away for weeks or months on end have been felt by everyone. It has been likened to the seven stages of grieving.

This is the inspiration behind this series.  
Introducing "The seven stages of Lockdown".

# Shock

One of the first responses was feeling shocked.

We watched the news unfolding and began to realise what we were seeing in other countries was now happening here in the UK.

# Denial

Hand in hand with the feeling of shock is the sense of denial.

The disbelief that this could be happening.



# Guilt



# Anger



# Depression



# Acceptance

Eventually, we all reach a point of acceptance.

The realisation that we cannot change or control what is going on. We have to make the best of a very strange situation.

# Hope

Finally, we have hope.

Change is happening and we may be able to start our lives again. Whatever it may now look like.



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