Name:

Job Role:

Department:

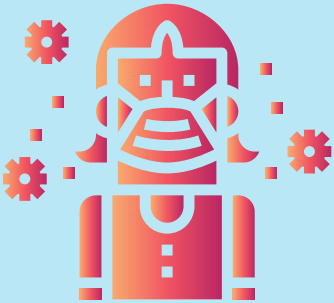
NHS
Leicestershire Partnership
NHS Trust

MY COVID-19 REFLECTION JOURNAL

2020

v2.0 26/05/2020

You are living through history right now.



We are inviting you to document your thoughts and experiences during the COVID-19 pandemic in a reflective journal. You can use this journal to record any experiences, both positive or negative and use this space as an opportunity for self-reflection. This journal is designed to help you to identify important learning events that you have experienced during the COVID-19 pandemic.

This Reflection Journal is designed to help you document your thoughts and feelings during different stages of the COVID-19 Pandemic. These stages will be divided in to:

- **Pre-Lockdown Phase** (02/03/2020 - 22/03/2020)
- **Initial Lockdown Phase** (23/03/2020 - 12/04/2020)
- **Continued Lockdown Phase** (13/04/2020 - 09/05/2020)
- **Changes to Lockdown Phase** (10/05/2020 - 31/05/2020)

In each of these sections you will be given an opportunity to write down your personal experiences and answer some questions that may help to prompt reflections during this time.

On the next page we have provided a timeline of events in each phase to be used as a memory aid. We have also provided space for you to add your own special events (i.e. birthdays, anniversaries etc.).

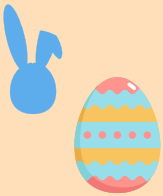
Pre-Lockdown Phase:
Monday 2 March 2020 - Sunday 22 March 2020

- Tuesday 17 March 2020 - St. Patrick's Day
- Sunday 22 March 2020 - Mother's Day
- My Important Dates: .....
  .....

Monday 2 March - Sunday 22 March

Initial Lockdown Phase:
Monday 23 March 2020 - Sunday 12 April 2020

- Friday 10 April 2020 - Good Friday
- Sunday 12 April 2020 - Easter Sunday
- My Important Dates: .....
  .....



Monday 23 March - Sunday 12 April

Continued Lockdown Phase:
Monday 13 April 2020 - Saturday 9 May 2020

- Thursday 23 April 2020 - Ramadan Begins
- Friday 8 May 2020 - VE Day: 75 Years
- My Important Dates: .....
  .....

Monday 13 April - Saturday 9 May

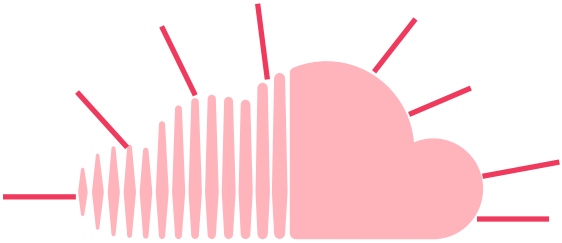
Changes to Lockdown Phase:
Monday 10 May 2020 - Sunday 31 May 2020

- Saturday 23 May 2020 - Ramadan Ends
- Monday 25 May 2020 - Spring Bank Holiday
- My Important Dates: .....
  .....

Monday 10 May - Sunday 31 May

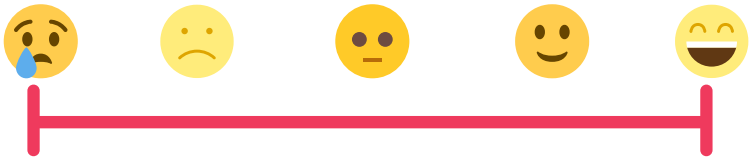
Please do not feel restricted to one reflection log per phase. We have included additional logs at the end of this booklet so that you can continue to reflect at your own pace.

Time Point: Pre-Lockdown Phase (02/03/20 - 22/03/20)



Words to describe how I feel...

How am I feeling?



What I have learnt from this experience?

Time Point: Pre-Lockdown Phase (02/03/20 - 22/03/20)

What were new changes / challenges that required adjustment?

What coping strategies/techniques have I developed?

What positive experiences have you had / what issues and challenges have you faced?

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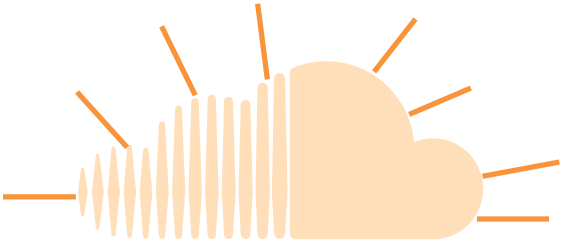
Comments:

Time Point: Initial Lockdown Phase (23/03/20 - 12/04/20)



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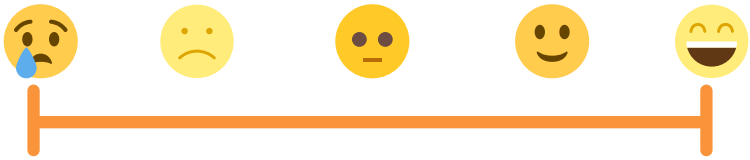

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Comments:

Time Point: Continued Lockdown Phase (13/04/20 - 09/05/20)

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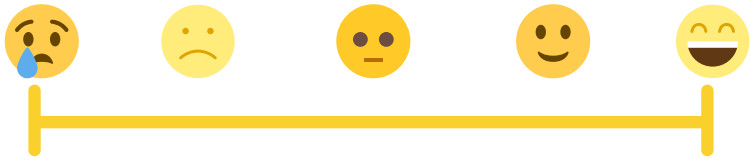

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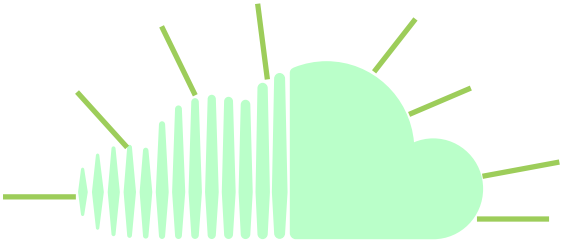
Time Point: Changes to Lockdown Phase (10/05/20 - 31/05/20)



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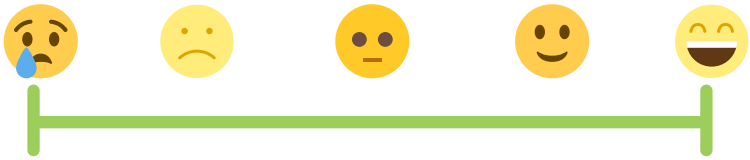

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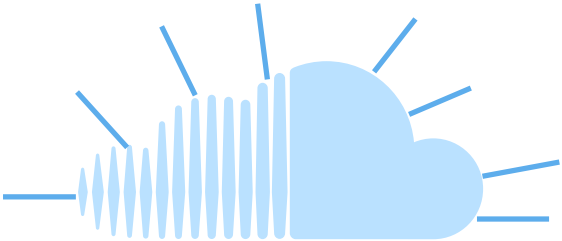
Additional Reflection Log

Date:.....



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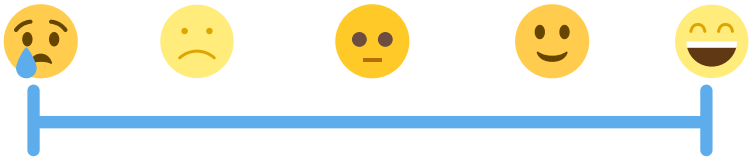

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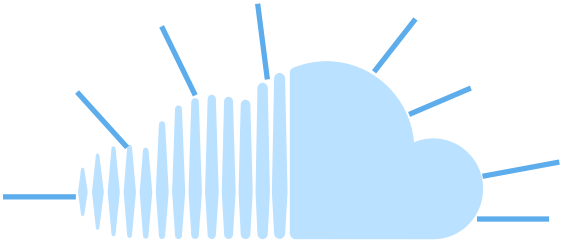

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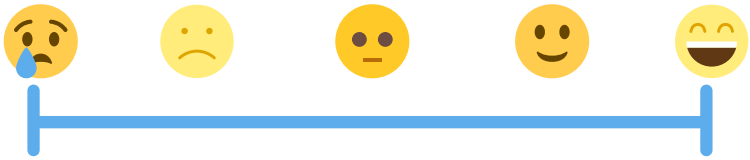

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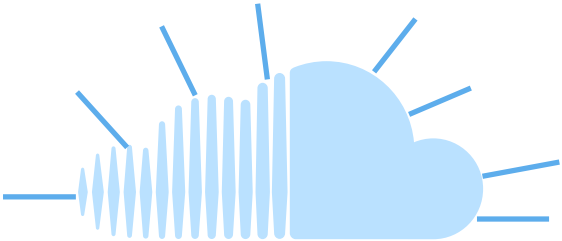

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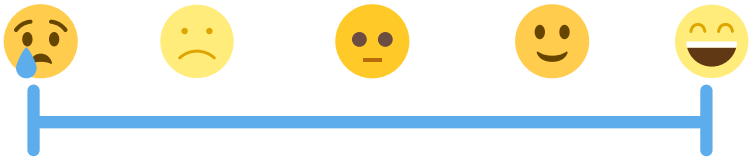

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Comments:

We hope that you have found this reflection log useful and we thank you for supporting our NHS Trust.

In the future we aim to conduct a survey to gain peoples experiences during the phases of COVID-19. If this is something that you may be interested in please let us know by contacting us at:

Research@leicspart.nhs.uk

Furthermore, if you would like additional reflection log pages or have any feedback we would love to hear from you!

Keep Up To Date:
Want to keep up to date with research funding or training opportunities available to LPT staff? Interested in hearing about the research being conducted in the Trust?

Join our Research Interested Mailing List through Research@leicspart.nhs.uk and follow us on twitter!