



STUDENT
VOICE



Expressing your creativity during lockdown

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How lockdown can affect your mental health



Being stuck in the same environment day after day can really affect your mental health. Whether that be because

- You can't leave your house
- You can't spend time with outside family and friends
- Or you simply can't communicate with the outside world

Hopefully, these creative activities can help you and your family during lockdown.



Creative activities for lockdown

During these times it's important to stay creative. Being creative can help deal with stress and its vital that you take time for yourself during the day.

Being creative doesn't always mean doing Art you could

- Bake
- Redecorate
- Crafts
- Writing stories





Take time out for yourself



Getting creative/active can be great but you also must make sure that you find the time to just sit back and relax. Being a student during lockdown can be quite overwhelming, so just being able to stop and breathe can be helpful.





I really hope this has help you produce some fun activities for your lockdown and inspired you to create and explore different hobbies to take.

And if you wish to share these creations with us you can use the #dmaCreative hashtag on twitter

