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MENTAL HEALTH



→ OBSESSED WITH WEIGHT

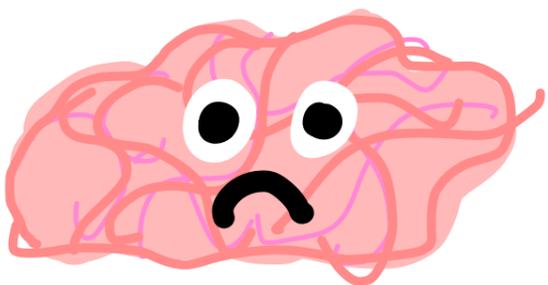
- * more time on social media
 - trends / expectations
- * NO DISTRACTIONS, JUST ME AND MY MIRROR
- * NEW INTEREST IN EXERCISE - become obsessed
- * easier to calorie count / make own meals
- * easier to skip meals as family routine is lost.

→ LOST PERSONALITY

- * lost socialising skills
- * worry about reintegrating as feel a disconnection with how people view me

→ COMMUNICATION

- * some people don't thrive communicating through social media so have lost touch
- * loneliness
- * used to only see some friends in situations that are now not permitted (school, parties)



→ SELF CARE

- * realised how I neglected self care previously
- * made bedroom more personal
- * focused on health + appearance (skincare)
- * nails have grown out as not biting from stress

→ FAMILY

- * positive as I kept in touch with family I don't usually
- * negative as brought out side of my dad I had never seen before

HAVING TO GROW UP

UP

- * suddenly have a lot more responsibilities since my mum got ill
- * having to constantly look after myself - almost like living on my own
- * was all a shock to the system
 - NO MORE SCHOOL
 - looking after myself
 - ensuring my sister + mum were okay
 - starting a new job
- * New obligation to stay in touch with people over zoom as "I am not busy" but really I didn't have the headspace
- * dealing with major family arguments that arose due to close confinement on my own as I couldn't rely on my mum
 - scary as this is when I really felt like a child compared to adult relatives.
- * lack of support from Gov meant dealing with results confusion on our own, which included choosing A levels (career path)
- * A worry about how our generation will have to deal with economic recession.

+ my own mental health issues.

* have a questionnaire for here ready to go out very soon!

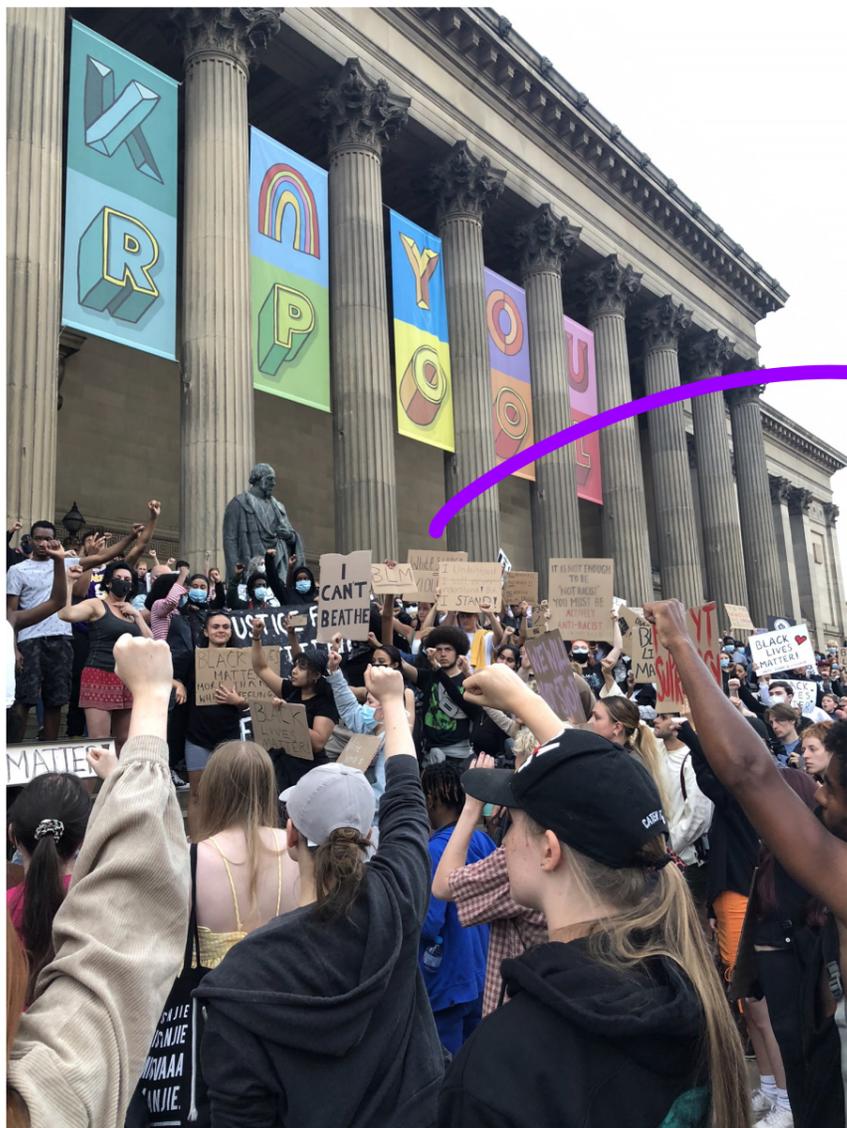
ACTIVISM

* felt a huge increase in awareness in younger generations

* social media has given so many people a voice.

* much more people attending and organising protests.

* everyone is at home on their phones and it has become too difficult to be ignorant.



Gov under scrutiny
more as everyone
looking at them during
crisis

happy that young
people are at forefront

↓
can't vote but
finally being heard.

The Effects Of Coronavirus On Young People - Body Image

*Required

How old are you ? *

- 13 or under
- 14
- 15
- 16
- 17
- 18
- 19
- 20 or over

What is your gender ? *

- Male
- Female
- Prefer not to say
- Other: _____

Before lockdown, how much would you say you worried about your weight/body ? *

- Never
- Rarely (once a month)
- Sometimes (every couple of weeks)
- Often (every week)
- Very often (every day)

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Before lockdown, how often would you say you experienced eating disorder behaviours ? (eg. restrictive eating, binge eating, extreme calorie counting, purging, etc) *

- Never
- Rarely (once a month)
- Sometimes (every couple of weeks)
- Often (every week)
- Very often (every day)

Before lockdown, how often would you say you exercised with the sole reason being only to change your body ? *

- Never
- Rarely (once a month)
- Sometimes (every couple of weeks)
- Often (every week)
- Very often (every day)

Since lockdown, would you say you have worried about your weight/body more or less ? *

- More
- Less
- The same

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Google Forms

BODY IMAGE

* ISSUE I have noticed both in myself and peers so wanted to focus on it.

* CONDUCTED some research on before + after lockdown to see how much it has facilitated it and can compare to my own experience



~~BEFORE~~

→ QUITE SIMILAR TO ME, was definitely something I worried about but wasn't as pressing as it was in lockdown.

every week → couple of weeks.

106 responses ↗

AFTER

* interesting positive

Not at school so I don't feel self conscious

example of reason why



EVERY DAY

→ ED behaviour

→ COMMON reason IS that there IS too much

time to SCRUTINISE BODY.

- * large majority - worry more
- * NOT at all spoke about by gov?
- * OVERLOOKED ISSUE.

Inconsiderate

Future risks, government campaign for obesity tackling has me worried

TIK TOK

- * many answers on why people worried more surrounded tik tok
- * comparison / trends / calorie counting videos.

at the start, this idea that we had to lose weight in lockdown

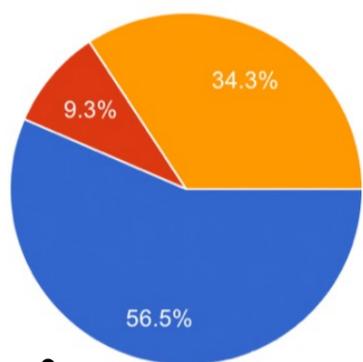
- tik tok
- government
- social media

i set myself a goal that i felt i HAD to reach since i had so much time

→ UNaware / ignorant.

Since lockdown, would you say you have experienced eating disorder behaviours more or less ? (eg. restrictive eating, binge eating, extreme calorie counting, purging, etc)

108 responses

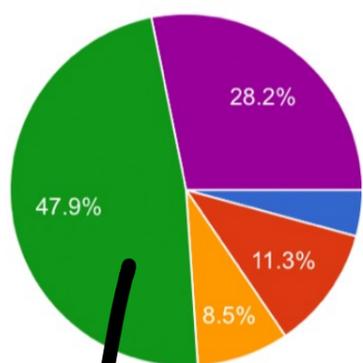


More
Less
The same

less
* maybe less able to do as family always around.

How often would you say you experience them now ?

71 responses



Never
Rarely (once a month)
Sometimes (every couple of weeks)
Often (every week)
Very often (every day)

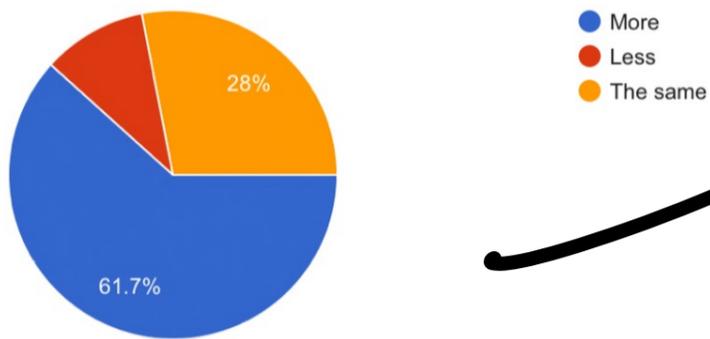
DANGEROUS!

- * witnessed first hand in both myself + my best friend
- * Best friend referred to ED clinic.
- * Doctor said referrals have definitely increased

WANT TO DO AN INTERVIEW BUT FEEL IT IS TOO SOON.

Since lockdown, would you say you have exercised with the sole reason being to change your body more or less?

107 responses



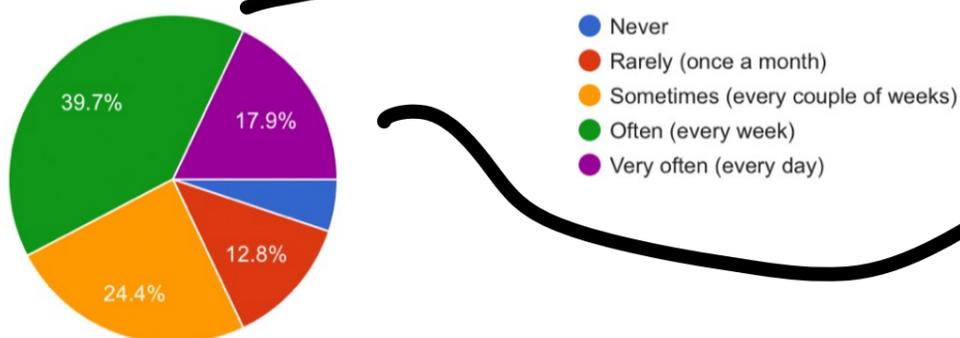
* pressure from gov at start + tackling obesity?



NOT thinking of their action's consequences

How often would you say you exercise with the sole reason to change your body now?

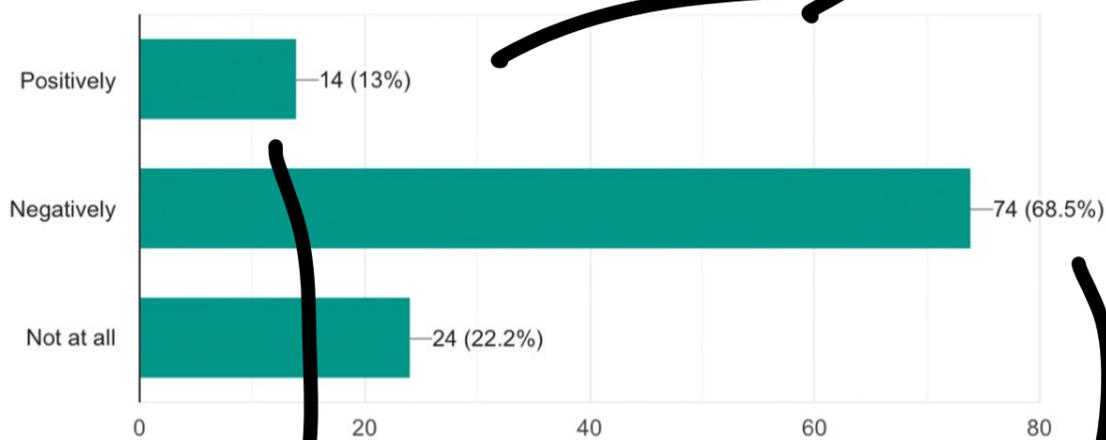
78 responses



CREATING unhealthy relationships like ones I saw in myself.

Do you feel your mental health surrounding body image has been effected positively, negatively or not at all by coronavirus/lockdown?

108 responses



* a nice positive



FOR ME

- * feels happier in my body as I have lost weight but was not healthy so positive + negative
- * developed a more unhealthy relationship with food/exercise.
- * seems to be the case with many.

Clear issue

- * scary that this is normal for our generation.
- * covered up by congratulation on losing weight / 'growing up'

LOCKDOWN

LIFTING

+ BODY
IMAGE.

* SINCE LOCKDOWN LIFTED I SAW MORE FAMILY/FRIENDS AND NOTICED HOW I STARTED TO CARE LESS AND LESS ABOUT FOOD.

↓
DIRECT CORRELATION OF LOCKDOWN VS ED?

- LESS TIME TO STRESS ABOUT FOOD
- OBLIGED TO EAT AS EVERYONE ELSE IS
- HAPPIER OVERALL.

15th - 18th

- * camping with family friends
- * ate dinner every day without thinking
- * Not worrying about body
- *

28st - 31st

- * worked behind a bar at socially distanced event
- * worked with friends
- * Again wasn't worrying at all

lockdown
was the cause!

BACK TO SCHOOL



- * NEW 6th form
- * pressure to make first impressions but feel I am so behind my true potential due to time off.

- * don't feel my school is making much of an effort to ease us back in

→ straight to work

- * I have had exams all week in my a level subjects?

- * Not considerate of situation

Socially distancing

- * Not happening, and the year group bubbles are pointless they get broken so much

- * worry that now my A levels might get affected by this?

- * rumours that Y13s aren't reporting symptoms as they don't want to miss more time

→ lack of gov support for students is leading to fear of isolation's consequences for their education