



My **C**ONFINEMENT

ATTITUDE &

RESILIENCE

E-BOOK

— ASSOCIATION —
*Sourire
de Reda*
#ana_m3ak

HONORIS
UNITED UNIVERSITIES

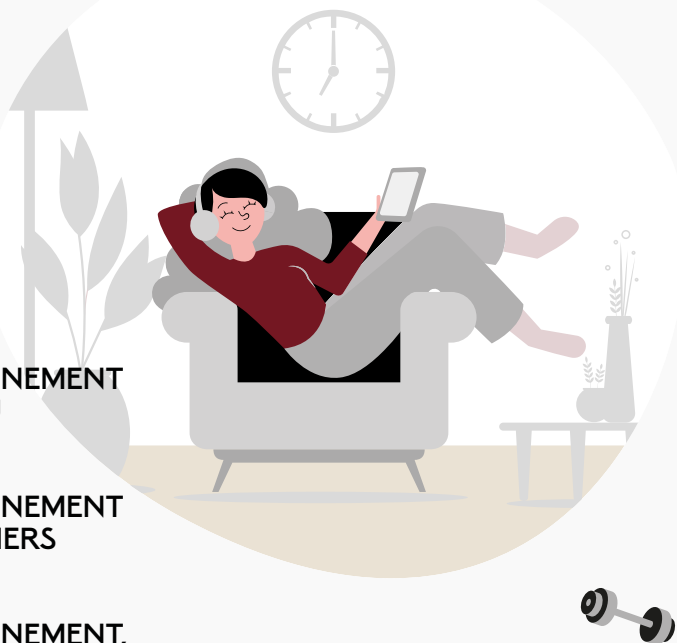
*This ebook was designed by Sourire de Reda in partnership with Honoris United Universities.
Its goal is to help young people better comprehend the lockdown.*

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CONFINEMENT & YOU

HUMAN CONTACT IS ESSENTIAL TO PSYCHOLOGICAL BALANCE

A lack of it can make the lockdown difficult to navigate. It could lead to emotions that are hard to handle, such as fear, anger, sadness, confusion or guilt.

If they are not acknowledged or expressed, these emotions can manifest themselves through sleeping or eating disorders, poor ability to focus, a lack of interest in any activity, mood swings, outbursts of violence towards oneself or towards others, the use of drugs or alcohol, or an excessive use of video games and digital activities, which are an addictive escape.

Be careful...

In the case of abusive families, feelings of anxiety and insecurity are triggered by the continuous presence of someone who could use physical and/or psychological violence. The outside world, which was seen as a way out, is now out of reach.

WHAT ABOUT YOU, HOW WOULD YOU DESCRIBE YOUR FEELINGS TODAY?



HOW DO YOU
SPREAD POSITIVE
ENERGY?



CONFINEMENT & OTHERS

Serenity, creativity and joy can be contagious. The transmission of an emotion from one person to another is called social contagion. Therefore, sharing messages that enhance social connection, humour, resilience and love can be a way to support your loved ones, even in times of social distance.

Be careful...

Anxiety also spreads during the lockdown, especially across social media. It comes from the massive and continuous sharing of alarming news such as food shortages or forecasts of the pandemic evolution, be they real or inaccurate. The function of fear is to guard against danger. When it is amplified by social contagion, fear turns into panic and becomes a danger itself.



L'Human is a very social species: we need one another to become ourselves and to remain at peace .

Boris Cyrulnik

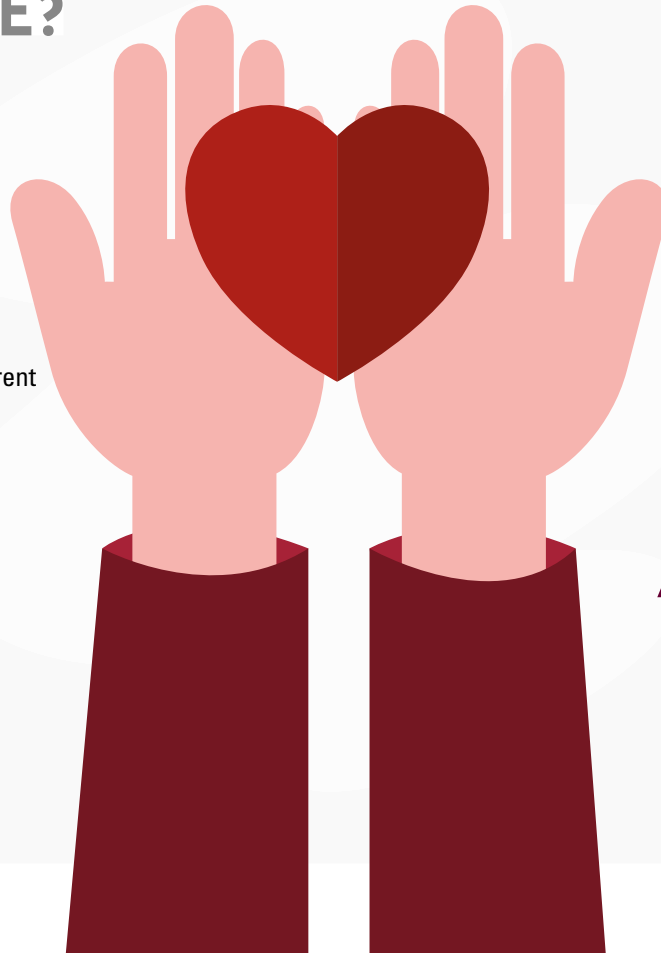


CONFINEMENT, A NEW WAY OF LIFE?

During this lockdown, each of us must learn to live without an activity or an interaction that seemed essential to our well-being: running outside, playing a team sport, having a coffee with a friend, swimming, surfing, fishing...

You have probably been away from your loved ones for a few weeks, and you miss them as well as the activities you shared with them.

It is important for you to accept that your life won't be the same for a few weeks. You will go through the different stages of grief that are denial, anger, negotiation, pain and acceptance.



Be careful...

If you lose a loved one during this time, you will feel powerless because you won't have access to grief rituals and symbolic traditions which help to overcome this terrible ordeal. Furthermore, you won't have the possibility to gather with your whole family and benefit from its essential emotional support.

What you can do:

- *Honouring the memory of the deceased person through meditation and prayers for his/her soul*
- *Carrying out acts of solidarity and kindness in memory of your loved one*
- *Planting a seed or a tree, adopting an animal, or any other act that perpetuates life, because death is a life stage*
- *Donating to a charity that was dear to the heart of the deceased*

When I miss you, I put my hand over my heart and I close my eyes. Because I know this is the only place where you still exist!

Auteur inconnu

GOOD HABITS TO ADOPT

What if all this **free time** was a **gift** and not a burden?

What if it was an opportunity for you to **focus on yourself** and learn to know yourself better?

What if you were **open to being surprised** by what the lockdown makes you go through?

What if this was your one chance to **reveal a better version of yourself**?

What if you saw this lockdown period as an **opportunity to grasp**?

What if social distancing allowed you to **choose your relationships**?



TIP N°1

LIVE MINDFULLY

Mindfulness is the quality of being present and fully engaged in everything we do in this precise moment - with no distraction or judgment, and aware of our thoughts and feelings without letting them get the best of us.

Mindfulness meditation trains our capacity to focus and analyse what is present in the moment (*our thoughts, our emotions, our physical sensations, but also our environment and our relationships*) by integrating a dimension of ethics and kindness (*Association Mindfulness*).

The idea is to distance ourselves from our roles (*in social, professional, and family contexts*). Mindfulness meditation encourages us to go from a default mode of “doing” to one of “being”, with kindness and without judging (*Full Catastrophe Living, Jon Kabat-Zinn*).

If you have never meditated before, take advantage of this time to embark on this learning process. There are a lot of free resources online.

Prayer or any practice of faith can also allow you to live this confinement with more serenity and acceptance.

The present moment is filled with joy and happiness. If you are attentive, you will see it.

Thich Nhat Hanh



FOR EXAMPLE, JON KABAT-ZINN'S VIDEOS
AVAILABLE ON YOUTUBE

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=NBXUAG5TAOS&T=4S](https://www.youtube.com/watch?v=NBXUAG5TAOS&T=4S)



TIP N°1

TOOL N°1

MINDFULNESS JOURNAL

THIS JOURNAL CAN HELP YOU LIVE MINDFULLY BY:

- **Liberating yourself**, by releasing your emotional baggage of the day
- **Showing you the path to gratefulness**, by acknowledging the good things in life instead of taking them from granted
- **Helping you make decisions**, by writing several options to explore new alternatives
- **Reconnecting with yourself**: through writing, journaling can help reboot your brain, making it calmer and less impulsive during stressful situations
- **Following up your progress**: journaling lets you welcome your goals into your daily life, by bringing small steps into your reality



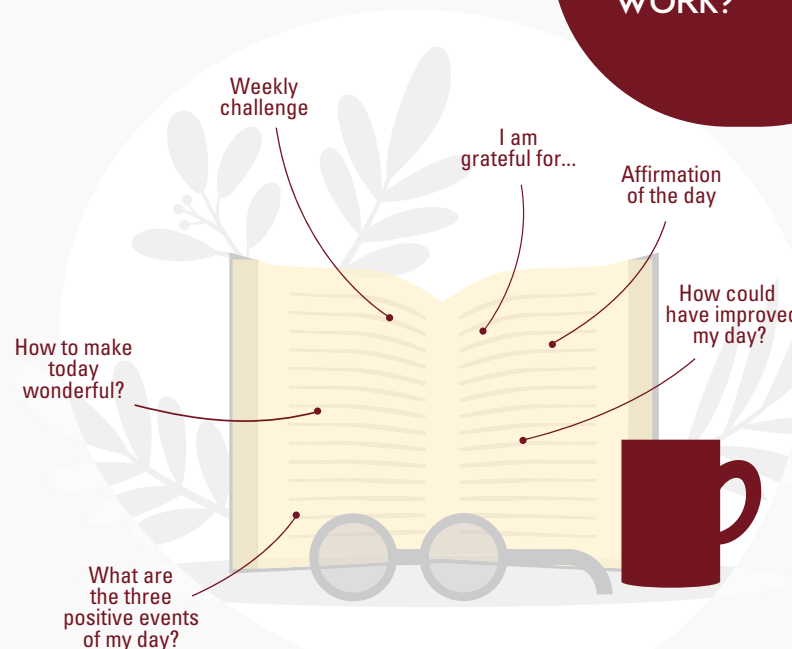
HOW TO WRITE A MINDFULNESS JOURNAL:

In the morning, write 3 things you are grateful for and what you would like to accomplish during the day.

In the evening, write 3 things that brought you satisfaction during the day and how you could have made your day even more satisfying.

GRATEFULNESS.ME
JOUR.COM

HOW DOES A MINDFULNESS JOURNAL WORK?





TIP N°1

TOOL N°2

LIVE MINDFULLY WITH THE 5-4-3-2-1 METHOD

Your heart flutters, your hands get sweaty and you feel like you are short of breath?

You are probably having a panic attack.

But rest assured, there is a method to quickly ease anxiety.

The 5-4-3-2-1 method consists of focusing your attention on elements that surround you.

“Bringing our attention to our senses grounds us in the present and counting the items interrupts the spinning of our thoughts. From there, you can gather your wits and use some of the other tools, like turning your attention inside out or dropping your safety behaviours” explains Ellen Hendriksen, inventor of this method.

5
THINGS
YOU CAN SEE
AROUND
YOU



4
THINGS
YOU CAN
TOUCH



3
THINGS
YOU CAN
HEAR



2
THINGS
YOU CAN
SMELL



1
THING
YOU CAN
TASTE



Image source: DestressMonday



TIP N°2

CHANNEL YOUR INNER ARTIST

The lockdown is a source of boredom for a lot of us. But boredom is a wonderful enhancer of creativity.

Now is the time to develop or even discover your artistic talent.

Let your imagination flow: drawing, painting, playing music, writing, dancing, cooking, sewing, taking photos, gardening...

Some artistic activities can be shared with your loved ones even if they are not physically with you thanks to social media: songs, choreographies, giant paintings...

GOOD NEWS

A lot of museums offer free virtual tours of their collections, enjoy them!

For Moroccan museums: <http://picasso.visite360.ma/>

A lot of cinemas give free access to a selection of movies.

For Moroccan movies: <https://www.ccm.ma/mfilm.php>



Art wasn't supposed to look nice; it was supposed to make you feel something..

Rainbow Powell



WHAT ABOUT YOU? HOW DO YOU EXPRESS YOUR TALENT?





TIP N°3



*“Everything belongs to others,
only time belongs to us”*

Seneca



WHAT
ABOUT YOU?
HOW DO YOU
MANAGE YOUR
ONLINE TIME?

STAY CONNECTED... ...BUT NOT TOO MUCH

Social media is an astounding way to stay connected to family and friends, and to learn new things. But spending too much time on your phone, tablet or computer is harmful.

HOW TO EFFORTLESSLY MANAGE YOUR EXPOSURE TO SOCIAL MEDIA?

- Set specific time frames in which you will allow yourself to be on your phone. Leave it in another room for the rest of the time.
- Choose activities that don't require the use of a phone (*dreaming, reading, cooking, dancing, sleeping, tidying up your room, meditating...*)
- Disable notifications on your apps
- Unplug completely on weekends
- Mute some group chats
- Snooze posts from people sharing alarming messages



TIP N°4

GET INTO A HEALTHY DAILY ROUTINE

Being on lockdown can lead us to lose track of time, which increases feelings of confusion and isolation.

GET INTO A HEALTHY DAILY ROUTINE



7:00 Get up at a fixed time and get dressed. Leave the pyjamas for bedtime.



12:00 Have a healthy meal with your family.



18:00 Exercise regularly.



19:00 Incorporate leisure activities into your planning. Listen to music, watch a movie, play with your siblings. Start an extended family tree online with your family.



21:00 Create photo albums/videos (*friends, childhood, travels*). Suggest to play games when you feel the people surrounding you are bored.



23:00 Get enough sleep at a regular time.



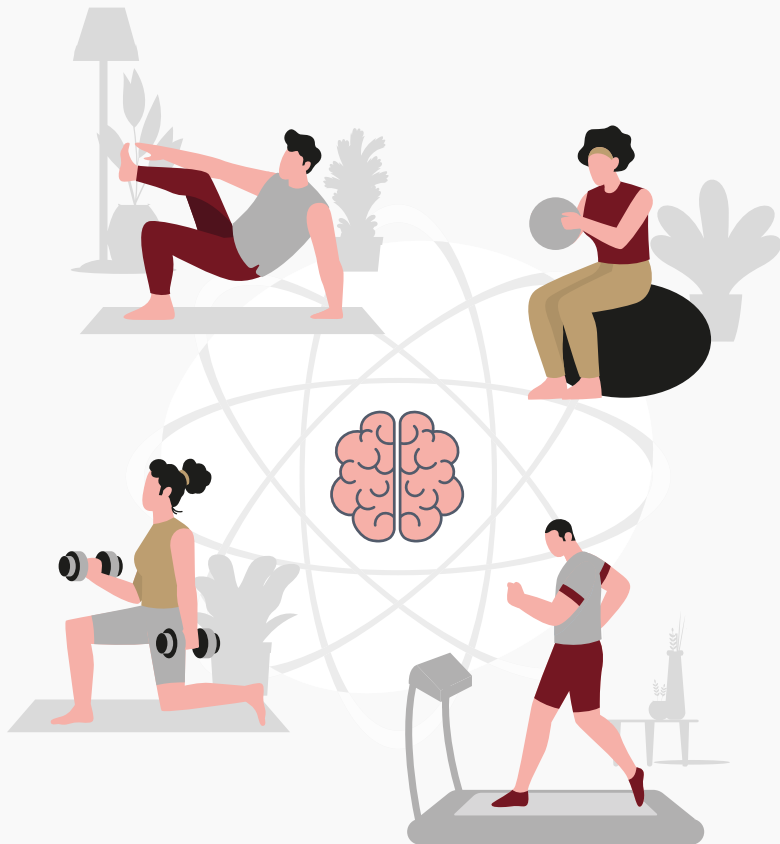
WHAT ABOUT YOU?
WHAT DOES
YOUR TYPICAL DAY
LOOK LIKE DURING
LOCKDOWN?

Those who misuse their time are the first to complain about its brevity.

La Bruyère



TIP N°5



MOVE YOUR BODY

EXERCISING REGULARLY CAN HELP TO RELEASE DEPRESSION AND ANXIETY BY:

- Releasing endorphins, which are natural chemical products that can boost your well-being.
- Focusing on a physical goal in order to forget about negative thoughts.
- Helping to reach goals or overcome challenges to increase your self-confidence.

Be careful...

Sleeping is also very important for your health, don't forget to sleep 7-9 hours a night!

HOW TO EXERCISE DURING LOCKDOWN?

- Get inspired online! Sports brands have all launched free in-house training programs on their apps (*Nike Training Club, Adidas Training*). Experts recommend between 30 and 40 minutes of exercise, 3 to 4 times a week.
- If you're connected, join a dance community (*hip hop, afro, rap...*). Pick one. It's time to try without risking to be judged.
- **Add small moves to your daily routine:** squat while watching television!
- **Improvise:** use a water bottle as a weight!

DO YOU ALSO FEEL THESE EFFECTS WHEN YOU MOVE YOUR BODY?



TIP N°6

WATCH YOUR DIET

LOCKDOWN CAN RESULT IN BOREDOM OR ANXIETY

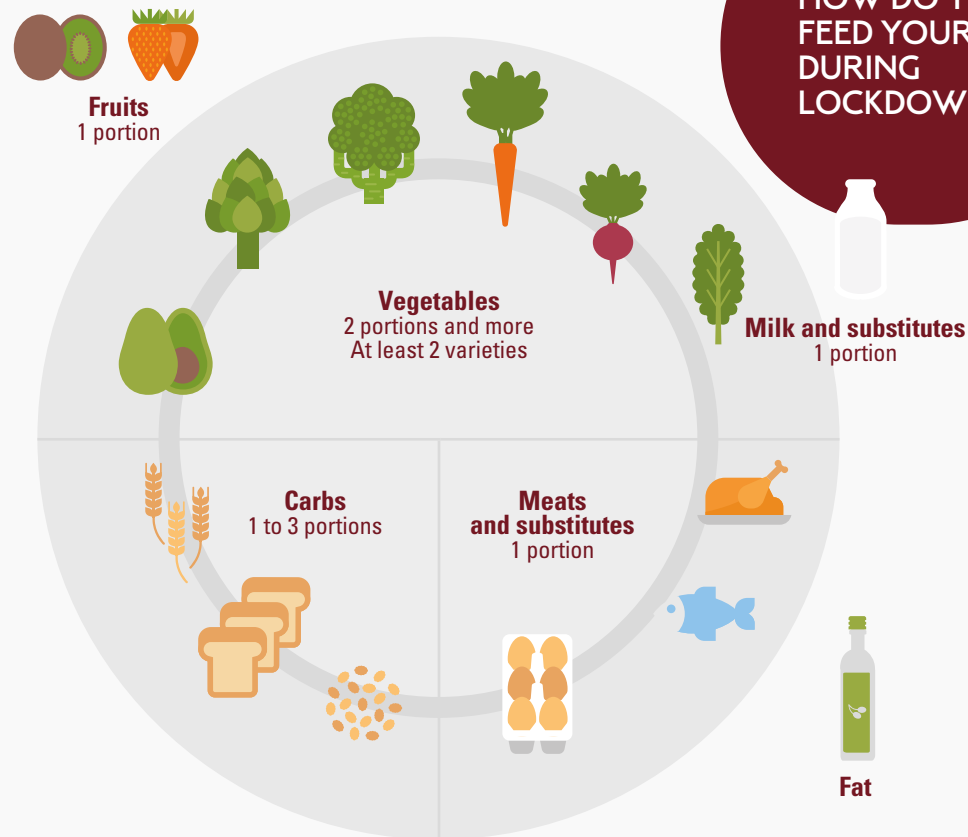
These two emotions can lead to an irrepressible desire to eat unreasonable quantities of food that is too sweet, too salty or too saturated in fat, because it brings some form of reassurance in the short term.

What if you took advantage of this free time to cook simple and balanced meals to treat your family?

Ask yourself if you're eating because you're hungry, or because you're trying to fill an emotional need such as sadness, boredom or fear.

Be careful...

If you have eating disorders (anorexia, bulimia...), you will be more vulnerable during this time. Be careful not to use food as a response to your loneliness and your anxiety.



HOW DO YOU FEED YOURSELF DURING LOCKDOWN?





TIP N°7



GIVE BACK

One of the most beautiful ways to take care of ourselves is to help people around us that are physically, psychologically or financially more vulnerable.

Each of us can bring joy and hope to at least one person around us.

For example, you can:

- Help your siblings do their homework
- Help with chores around the house
- Catch up with your friends and family
- Take care of a pet
- Send messages of love and hope to your loved ones



There is no exercise better for the heart than reaching down and lifting people up.

John A. Holmes





TIP N°8

ASK FOR HELP

Don't forget that you are not alone!

If you feel bad, support groups are here for you:

Sourire de Réda

- **Social Media:** *Facebook* and *Instagram* - if you're over 20 years of age
- **Anonymous and confidential ch@t:** *Stop Silence* - if you're under 20 years of age

The Remote Psychological Support Group at Mohammed V University (Rabat) in partnership with UNICEF

Whatsapp

Phone lines

United Psychologists Network - Collectif PSY, SMPC, AMPSY

Parents Guidance Unit & Couple support during lockdown: **05 22 548 526**

The Ordre National des Médecins (*National Order of Doctors*)

set up phone lines to manage the psychological effects caused by the sanitary crisis.

Casablanca - Settat: **06 39 09 95 33**

Tanger - Tétouan - Al Hoceima: **06 39 09 95 51**

Oujda : **06 39 09 95 50**

Rabat - Salé - Kénitra: **06 39 09 95 52**

Fes - Meknes: **06 39 09 95 49**

Marrakech - Safi: **06 39 09 95 18**

Souss - Massa: **06 39 09 95 94**

The SMPPA implemented a platform in order to answer your questions.

Website

The Befrienders Worldwide network

Gathers all support units worldwide

Directory



**Befrienders
Worldwide**
volunteer action to prevent suicide

— ASSOCIATION —
**Sourire
de Réda**
#ana_m3ak



DIGITAL LIBRARY



TEDX

Series of conferences showcasing “*ideas worth spreading*”, a non-profit North-American organization.

<https://www.ted.com/>



Google Arts and Culture

This service, launched by Google in February 2011, allows you to explore museums online and access artwork in high definition.

<https://artsandculture.google.com/>



Virtual tours

Several institutions offer free virtual tours while you cannot physically visit them.

<https://artsandculture.google.com/partner/muse-e-dorsay-paris?hl=en>

<https://artsandculture.google.com/partner/vangogh-museum?hl=en>

<https://artsandculture.google.com/partner/thebritish-museum>

<https://artsandculture.google.com/project/guggenheim-bilbao>



Audiobooks

Free to listen to

<http://www.bibliboom.com/>

<http://www.litteratureaudio.com/>



World digital library

A digital library launched by UNESCO and the American Library of Congress

https://www.wdl.org/fr/?fbclid=IwAR1GsrPJWlyZDIU1Sp_UmHFgPn07lybb-n01QmCPZASed0KbAd0h5orJ8

La Fnac

500 ebooks accessible for free.

<https://livre.fnac.com/n286016/Petit-prix-etbons-plans-ebooks/Tous-les-Ebooksgratuits?fbclid=IwAR1Ip4CY3XSuJVJRRRHwYeQ-B74uHMDP0BFFf-XqcSTzePECDXBsil-gUhl>



LES MILLS

Over 95 video courses to complete from home! Dance, cardio, Zen...

<https://watch.lesmillsdemand.com/at-homeworkouts>



COURSERA

Online courses from top American institutions

<https://fr.coursera.org/>

Also features courses on mental health

<https://www.coursera.org/learn/manage-health-covid-19>

EDX

Founded by Harvard and MIT, this platform offers over 2000 free courses

<https://www.edx.org>

OpenClassrooms

Over 600 courses available for free

<https://openclassrooms.com/fr>

CONCLUDING COMMENTS

This ebook was created thanks to the expertise of the charity **Sourire de Réda**, in partnership with the Health Sciences Faculties of the **Honoris United Universities** network, including **Université Mundiapolis in Morocco, the Université Centrale and the UPSAT** in Tunisia. Its aim is to guide young people during the lockdown by helping them understand what they are living and by suggesting a series of tips and resources to navigate this unprecedented time with the best possible psychological state.

ABOUT UNITED HONORIS UNIVERSITIES

Honoris United Universities is the first Pan-African private higher education network. It aims to support the aspirations of new generations of African leaders and professionals capable of achieving stability for their communities and economic growth in a globalized world.

Thanks to its academic excellence and a series of practical programs built around the unique concept of collaborative intelligence, Honoris fosters culturally agile students with a mobile mindset and the capacity to address the needs of economies and communities in today's world.

With over **45,000 students** spread across **60 campuses**, learning centers or online, in **10 countries and 32 African cities**, Honoris United Universities issues more than **280 diplomas** in Health Sciences, Engineering, IT, Business, Law, Architecture, Arts and Design, Medias, Education and Political Science.

The network includes 11 institutions: multidisciplinary universities, specialized private schools, professional and technical training centers, offering on-campus, remote or online teaching.



ABOUT THE CHARITY SOURIRE DE REDA

For ten years, the charity Sourire de Reda has been helping young people in deep suffering and preventing them from committing suicide. Founded in 2009 with the objective of raising public awareness about the silent pain of young people, it provides them online emotional support and mitigates the risk of self-isolation. Sourire de Reda works in three areas.

- **Awareness:** Sourire de Reda established the 5th of February as the National Suicide Prevention Day, thanks to a large communication campaign (*through cardboards, videos, conferences, press articles...*) that was commented and publicized by a lot of media (*news-papers, radios, web TV, social media*)
- **Prevention:** for ten years, Sourire de Reda has been organising interactive workshops in secondary schools, targeting teenagers, professors, the administrative staff and parents. These workshops aim to address offline and online harassment-related questions, and, more broadly, the suffering of young people. Its goal is also to empower teenagers to take action.
- **Intervention:** since 2011, Sourire de Reda offers an emotional support unit to all young Moroccans, in French and in Darija: Stop Silence. Stop Silence is a free confidential helpline based on an anonymous chat accessible from a web browser and a mobile app. People listening and responding are volunteers, recruited and trained by Sourire de Reda and by a group of Moroccan and international psychologists on listening to young people expressing pain and the management of suicidal risk.

