



TeleMentoring Ideas – Lockdown Diary



I recently started mentoring a young man and realised that on top of the issues he already was having to deal with there was the issues of Lockdown too. Like all of us, Lockdown has a huge impact on our mental health.

So, I came up with an idea that keeping a Lockdown diary may help. I went out and purchased an A5 writing book, it only cost £1.25 and got one for both of us. I popped it to his parents and in our next meeting I explained what we would do.

We both decorated the inside covers with “My Lockdown 2020” - I told him he didn’t have to write in it every day just when things were bothering him or exciting things he had done or achievements.

I told him that I put emojis at the corner of the page to show how I felt that day and if I talk about someone I use a code word so no one knows who it is. This way he could talk about his sibling in private. He really liked this idea of secrecy and having a place to vent.

He is an amazing descriptive writer and has since wrote a poem for me.



We share as little or as much of each other's diary as we care to at each meeting, probably more on my behalf but it's doing the job that I wanted it too.

