

# What have you distracted yourself from paying attention to during lockdown?

**my hair**

boredom

**Fear of getting old**

pessimism

What will my future look like?

ations

Fear of not seeing my Mum again

Fears about getting ill

bad news (particularly about the government)

all the other 'poverty' in the world

Feeling cowardly

The fragility of global systems

**What do I dream about?**

what I've been missing

dreaming of what beyond the current life, the current job

fear of not seeing aged parents again

suffering

**others**

My need to be physically near other people - to feel their presence, not just see it.

loneliness

Loneliness

my irritability

**The unseen spread of a virus**

anxiety about what is unknown

**The frailty of my own mental health**

Deciding what to go back to