



The Stay Up Late  
Guide To


**BUILDING  
CONFIDENCE**

Stay Up Late's Guide to Dancing,  
Prancing and Staying Safe  
and Healthy After Lockdown.

**STAY UP  
LATE**

**Covid changed a lot of things for us all.  
A lot of us became worried about going  
back out to busy places again.**

- ▶ **We felt like we had lost our confidence to see other people.**
- ▶ **We worried we might catch the virus.**
- ▶ **We didn't even know if we could wear a mask or not.**



**It is good to think about staying safe from the Covid virus but it is also good to go out and meet people.**

**This is good for our mental health and our physical health.**



## Here are our top tips for getting your confidence back for going out to busy places:

▶ Don't be afraid to use your mask if it makes you feel safe.

▶ Try smaller or outside venues to build your confidence.

▶ Arrive early to avoid big queues and get to know the layout of the venue.

▶ Go with someone you trust and feel safe with.

▶ Don't put too much pressure on yourself.

▶ Plan ahead so you can catch public transport when it's less busy.

▶ Take small steps, if you manage to do the smallest thing that's still great.

▶ Give it a go but be kind to yourself too.

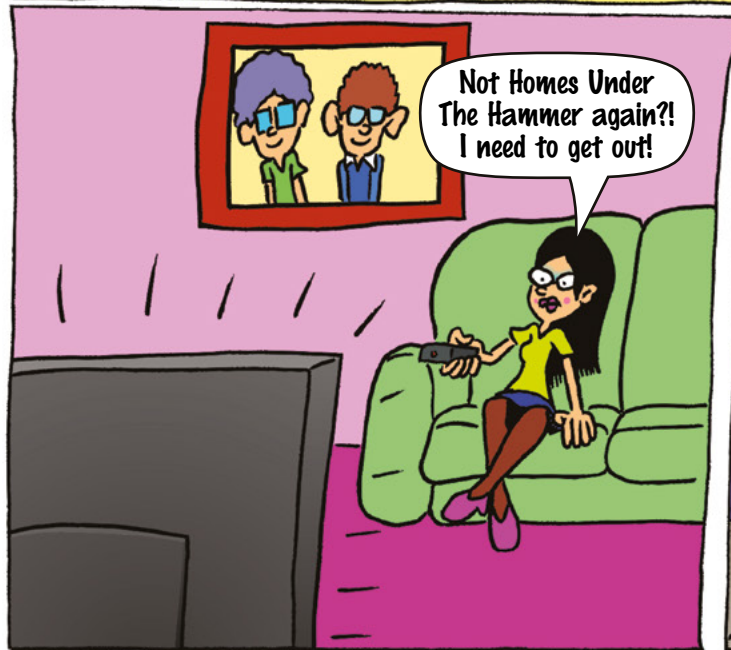
▶ Write down what you did, or take a photo, so you can look back at what you've achieved.

Barbara used to love going to gigs and going out dancing with her friends.



When the lockdown happened she got out the habit of doing lots of things she used to enjoy.

Instead Barbara would sit at home and watch TV or go on Zoom video calls with her friends.

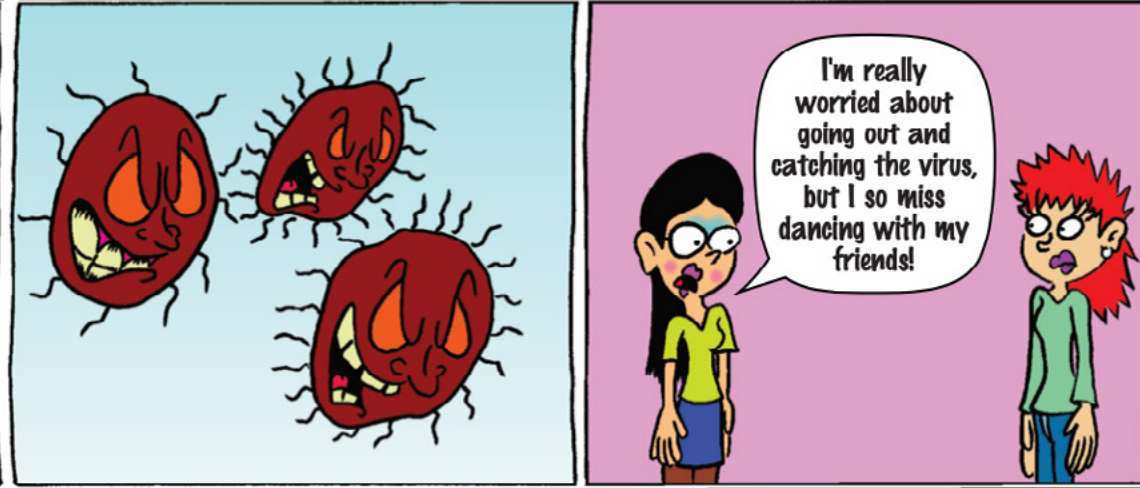




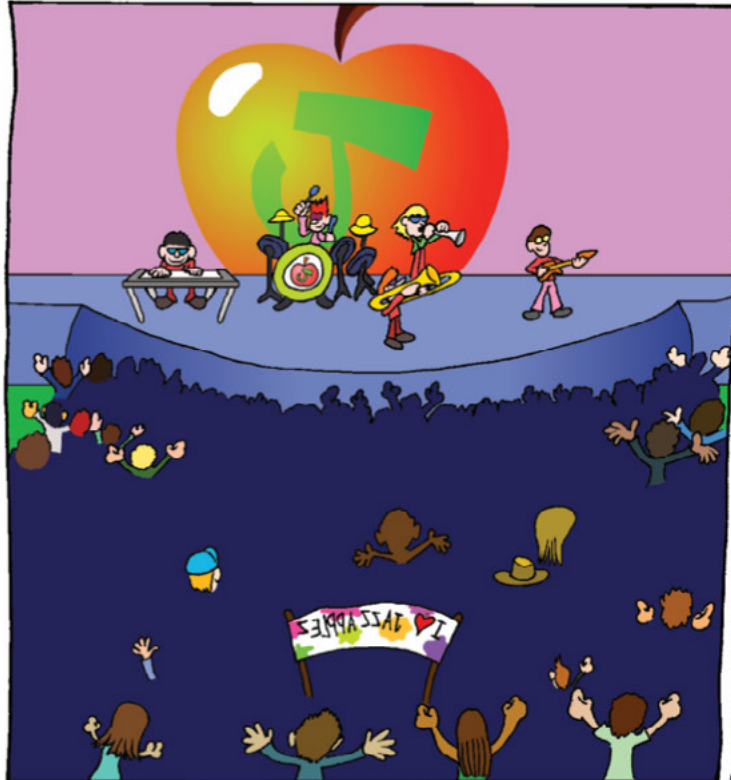
When the lockdown ended, Barbara didn't feel like going out again. She felt really anxious about seeing people.



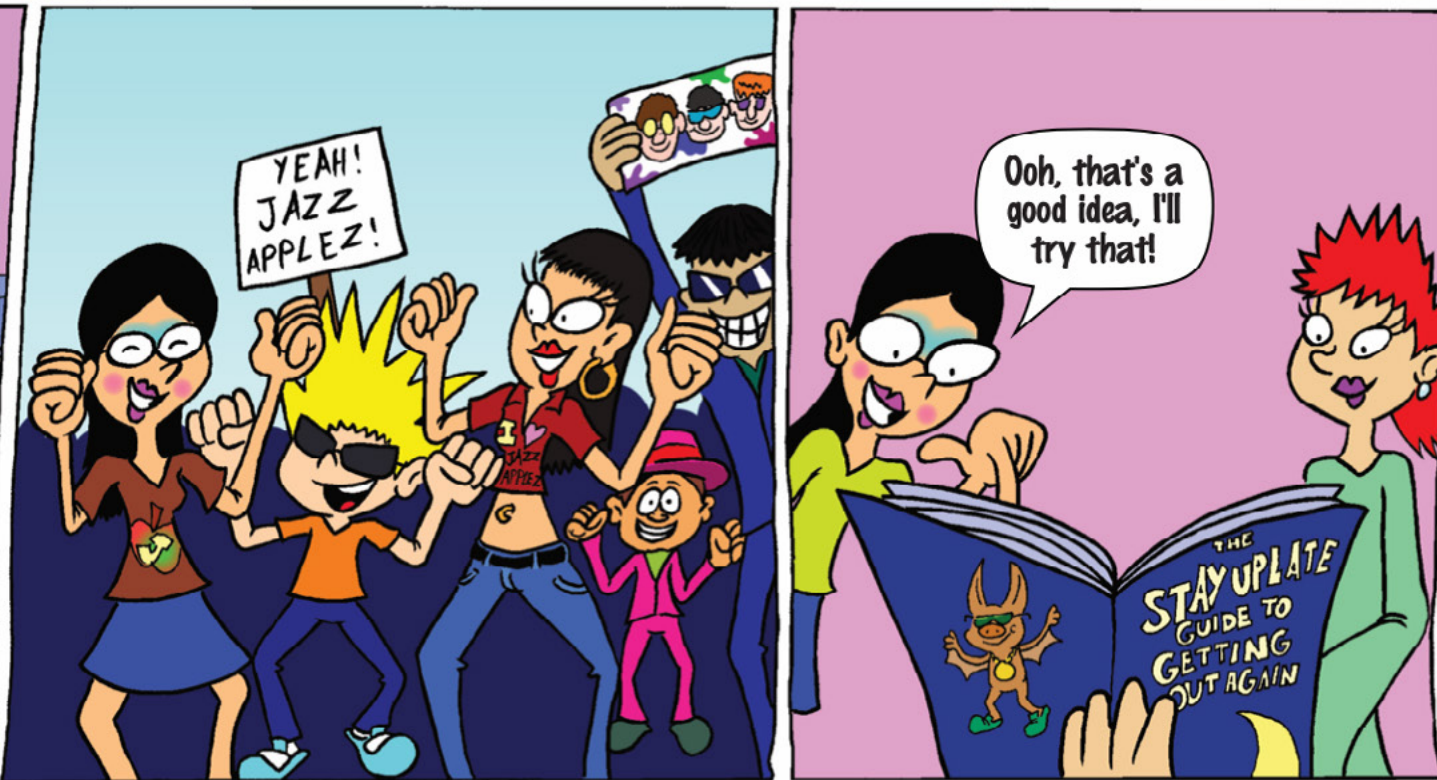
She was worried she might catch the virus.



She was also anxious about being around people.



Barbara's support worker gave her some top tips so she could get back out gradually.



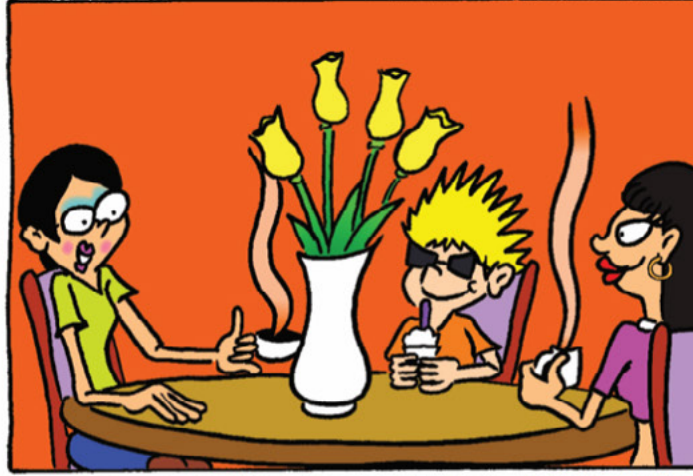


So Barbara...

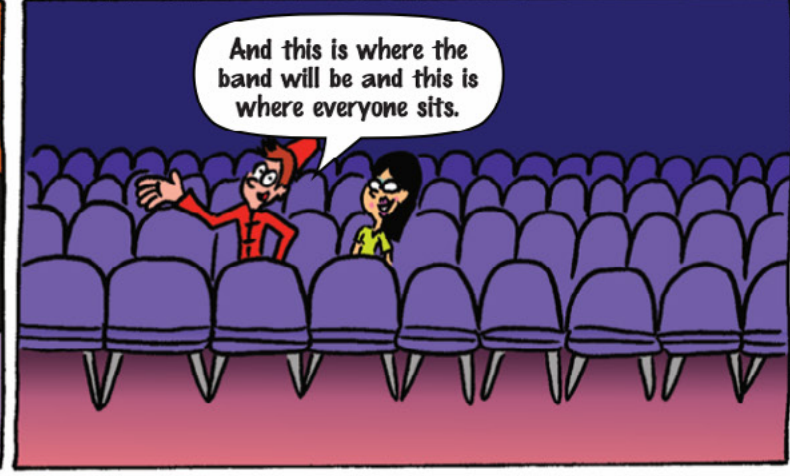
...started small, by going to outside events or at the coffee shop.



She went out with someone she trusted.



She asked to visit places when they were quiet first.



She wore her mask if she wanted to.



Barbara is now back out seeing her friends. It feels different to how it used to be but she is much more confident.

She's even got back into going for a dance.



# STAY UP LATE

**Don't forget to talk to your support worker,  
your carer or a friend if you are worried  
about any of this.**

**Be honest and tell them how you're feeling.**

**You can also contact your local advocacy group if you have one.  
We are all struggling to get back to normal,  
you are not alone in how you feel.**

**[www.stayuplate.org](http://www.stayuplate.org)**

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