



# THE WORKWELL NOTECARD COVID SERIES

This is your WorkWell-being toolbox to help you through the various difficult emotions you might face during this difficult time

## ANXIETY

### W WORDS



**"It is normal to feel anxious at stressful times, it is the limbic system preparing you for fight or flight. This is ideal if there is a physical danger, but not if the trigger is worries going around your head."**

### E EXERCISE



Limit the number of coronavirus updates: endless whatsapp groups and scrolling can consume hours of your day. We know its a fine balance between keeping up to date and feeling overwhelmed. Open a discussion with your workplace colleagues so that there's a deadline for sharing important info in the evenings to give you much needed respite.

### L LINK



Take a look at this link to learn about a different perspective of managing your worries:

<https://www.habitsforwellbeing.com/the-circle-of-concern-and-influence/>

### L LAST THING



**"Focus on what you can control, don't waste energy on the things you cannot."**

WORK WELL, LIVE WELL,  
STAY SAFE EVERYONE!



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