



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

CHANGE

W WORDS



“Grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.”

Reinhold Niebuhr

E EXERCISE

SOMETHING OLD, SOMETHING NEW, SOMETHING BOLD, SOMETHING GREW



With so much change it's important to keep some routine and structure. Think about what familiar comforts can be maintained through this crisis. Then think of something new that has occurred or that you've discovered for the better and learnt from. By focussing on a 'silver lining', you're training your brain to see this as an opportunity to be bold and grow from.

L LINK



When you have a moment have a watch of this TEDx Talk by Jason Clarke about embracing change.

<https://www.youtube.com/watch?v=vPhM8lxibSU>

L LAST THING

Change can be difficult but its also an opportunity



“Change is hard for a group like doctors who are typically highly scheduled and organized. However having our daily grind disrupted is a great opportunity to get comfortable being uncomfortable – just not in the way we are used to!”

WORK WELL, LIVE WELL,
STAY SAFE EVERYONE!



@theworkwelldoctors



www.theworkwelldoctors.com
theworkwelldoctors@gmail.com