



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

CONNECTION

W WORDS



“Alone, we can do so little; together, we can do so much.”

Helen Keller

E EXERCISE



This pandemic has brought our profession closer together but our experiences and emotions in such extreme and difficult circumstances can be incredibly isolating.

Your exercise is simply to make the time to open up to one person - supervisor, colleague, partner or friend and have a meaningful conversation that allows you to express your feelings about this whole situation.

L LINK

If you aren't able to do the above, there is also the Wellbeing Support Line for NHS staff

0300 131 7000 or TEXT 'frontline' to 85258

You can also access the PH Common Room online

[https://www.practitionerhealth.nhs.uk/media/content/files/Doctor's%20Common%20Room\(1\).pdf](https://www.practitionerhealth.nhs.uk/media/content/files/Doctor's%20Common%20Room(1).pdf)

L LAST THING



What's grounding about this pandemic is that we're all going through it together, so never feel like you can't reach out because you're not alone.

WORK WELL, LIVE WELL,
STAY SAFE EVERYONE!



@theworkwelldoctors



www.theworkwelldoctors.com
theworkwelldoctors@gmail.com