



THE WORKWELL NOTE CARD COVID SERIES

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

FRUSTRATION

W WORDS



“To conquer frustration one must remain intently focused on the outcome not the obstacles.”

T. F. Hodge

E EXERCISE



Think about what physical signs you exhibit when getting frustrated. Does your voice get clipped with a rude relative? Does your pulse rise?

When noticing the signs...

- 1) **Take a pause** - to stop yourself getting lost in that feeling.
- 2) **Practice perspective** - you have the ability to reappraise that emotion and think about it from the other person's point of view e.g. are they being rude or are they frightened and confused?

L LINK



Compassion and the science of kindness:
Harvard Davis Lecture 2015 - Nigel Mathers

<http://bjgp.org/content/66/648/e525>

L LAST THING



Taking a few deep breaths can help calm the body down. Try to breathe slowly, in through your nose, right down to your stomach.

If it helps, count to 7 breathing in and count to 11 breathing out.

WORK WELL, LIVE WELL,
STAY SAFE EVERYONE!



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