



THE WORKWELL NOTECARD COVID SERIES

Here's your workWELL toolbox to help you through emotions with a lifestyle focus during this time of change

GUILT

W WORDS



“Guilt is an expression of your deep capacity for empathy - it only shows how much you care.”

E EXERCISE

DEVELOP A COMPASSIONATE MIND



Imagine a friend came and talked to you about the same guilt you were feeling. What would you say? If you wanted to be kind to your friend what words of support would you use? Be your own friend. Offer yourself the same kind, caring attitude which you extend to others.

L LINK

Take a listen to Brene Brown's Ted talks on Vulnerability and Shame



[https://www.ted.com/talks/brene_brown_the_power_of_vulnerability?](https://www.ted.com/talks/brene_brown_the_power_of_vulnerability?utm_campaign=tedspread&utm_medium=referral&utm_source=tedcomshare)

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L LAST THING

BE PRO-GUILT



Guilt is a good thing because it becomes the birthplace of courage and change.

Think of it as our social glue

WORK WELL, LIVE WELL,
STAY SAFE EVERYONE!



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