



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

UNCERTAINTY

W WORDS



"Medicine is the science of uncertainty and the art of probability"

William Osler.

E EXERCISE

The Thought Cloud

To distance yourself from your thoughts of uncertainty, remember that your thoughts are just thoughts, not facts. You might think "Well, this could be the day I get coronavirus." Then, just think, "Well there's a thought." Visualise a cloud, put your thought on the thought cloud and let it float away. Don't react to it. Keep letting it float by until your anxiety subsides.

L LINK

Listen to THE L.I.F.E.S.T.Y.L.E. FIRST Podcast with Dr Alka Patel on Apple or Spotify or watch on You Tube

Season 1, episode 7 provides some helpful tips on how to elicit the relaxation response when feeling the stress of uncertainty. Here's the link:

<https://anchor.fm/s/11d557bc/podcast/rss>

L LAST THING

Uncertainty is a pretty normal feeling

But did you know that whilst uncertainty can make negative events more difficult, it can also make positive events more exciting!

WORK WELL, LIVE WELL,
STAY SAFE EVERYONE!



@theworkwelldoctors



www.theworkwelldoctors.com
theworkwelldoctors@gmail.com