A quick reflection to reduce stress...

How I use the equipment available to me

The amount of time I spend on social media The time I spend with my family outside of the hospital

I CAN CONTROL

So I will focus on these.....

How I follow the safety precautions provided My kindness, my grace & my good humour Whether I watch the news

How long this will last

The number of patients that need to be cared for

I CAN'T CONTROL

So I let these things go...

Predicting what will happen

How much toilet paper there is at the shops

How other people react to this situation Whether members of the public follow social distancing advice

When the needed equipment arrives

Need to chat about how you're feeling? Talk to a friend or use one of the services below: Access the services at STAR on 9231 2211 OR ANZCA support services on 1300 687 327

The attitude I take into the hospital

How other people behave