

A quick reflection to reduce stress...



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