A quick reflection to reduce stress...

I CAN'T CONTROL
So I let these things go...

- Whether members of the public follow social distancing advice
- Whether other people react to this situation
- Whether other people behave
- How much toilet paper there is at the shops
- How long this will last
- The number of patients that need to be cared for

I CAN CONTROL
So I will focus on these.....

- How I use the equipment available to me
- The time I spend with my family outside of the hospital
- The attitude I take into the hospital
- My kindness, my grace & my good humour
- How I follow the safety precautions provided
- How I use the equipment available to me
- The amount of time I spend on social media

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