



## Mindset Shift During COVID-19

I'm stuck at home	➔	I am safest in my home and spend more quality time with the people and/or pets in my household
I feel completely out of control	➔	While I can't control the situation around me, I CAN control my actions and how I spend my time. I can choose to not engage with things that increase my worries (negative social media).
I'm going to get sick	➔	I will self-isolate, stay at home and wash my hands which will significantly reduce my chances of getting sick
I can't do my work	➔	I will do what I can at home without putting pressure on myself, the whole world is facing these issues and we are all doing our best
I'm going to run out of food	➔	We have prepared for this and have everything that we NEED for now. If we need help, we can ask the people in our community, friends or family
I can't see any of my friends or family, I feel so lonely	➔	I can use modern technology to connect with my friends and family in safe ways. We can video chat, have phone calls or play online games together to stay connected
Everything is shutting down and it is making me panic	➔	The most important places are staying open. Hospitals, medical centres, pharmacies, food shops and companies helping us to keep safe remain open.
<b>This is never going to end!</b>	➔	<b><u>With each day that passes, I am one day closer to the end of this pandemic.</u></b>

**Pause, recognise your thoughts and challenge them with positive statements.** *Negative thoughts can be automatic and scary, but a thought is just a thought and we can choose to reject them, instead finding alternative ways of thinking.*

**Shifting your mindset will help ease your anxieties at this time.**