

# What we can/can't control during COVID-19

## IN MY CONTROL

How much I let work affect me

How much I relax

**GROWTH**

How I respond and speak to my staff/patients/family

My use of social media and how I let it affect me

Following social distancing rules

What time I go to sleep

What I eat

How I choose to see this lockdown period

How much exercise I do

**MENTAL WEALTH**  
Awareness of my emotions, how I react to stress and that I always have a CHOICE in what I do/think

How much news I watch

How much I worry

## OUT OF MY CONTROL

Loss of earnings

Having to work

Long hours

Lack of PPE

Stock availability

Spiralling costs

What will happen to me/my family if we get infected

How many will get infected or die from COVID-19

Other people's social distancing

Increased workload

Length of lockdown

Abusive/angry patients

Kids being at home

**FEAR**

What others say or do

Join our 'Pharmacy Wellbeing Hub' group on Facebook for more tips at <https://bit.ly/39bRZ2w>

