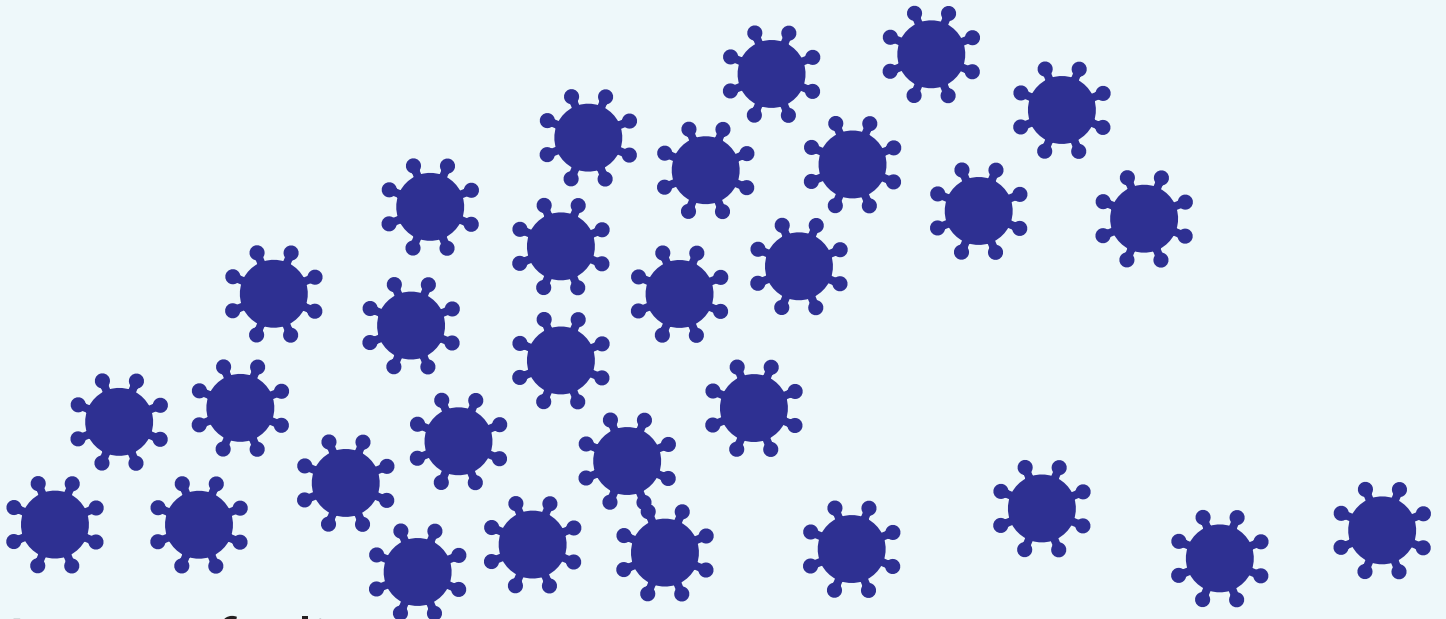


Hold onto each other to overcome Covid Related Emotional Waves



Are you feeling:

- worried, anxious, angry, or unable to think of anything other than COVID ?
- overwhelmed, tearful, sad, fatigued or having a loss of interest in things ?

Things you can do to ride over the emotional waves:

- Medical staff are human and have normal emotions !
Its OK to say to someone you trust, that you are not ok.
- Take breaks from getting COVID information.
I.e Have COVID silence periods where you do not look at the news, social media, emails, etc. Try and focus on things unrelated to COVID (e.g. music). Have a quiet room where people can destress.
- Limit high energy drinks / caffeine that could make you hyperactive.
Avoid relying on substances such as alcohol / tobacco to cope.
- Exercise is a great stress reliever.
- Seek professional help when necessary.



Together we can defeat COVID
covidanaesthesia.com

