

PHYSICIAN WELLNESS

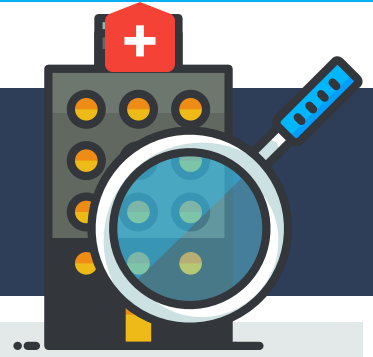
COVID'D
LIKE TO CHAT

INFOGRAPHIC #3: FOCUSING ON WHAT YOU CAN CONTROL



The COVID-19 pandemic has introduced a lot of uncertainty, with the situation changing daily, even hourly. So much is out of our control; how long the pandemic lasts, protocols for treating patients, the PPE that is deemed appropriate for our role. What are tangible ways we can reduce anxiety?

IDENTIFY WHAT YOU CAN & CANNOT CONTROL



1 WHAT YOU CAN CONTROL

Self care (nutrition, sleep, exercise, avoiding excess alcohol and caffeine), practices to protect yourself (i.e. methodical donning and doffing of PPE), enjoying time outside of work, your grace and kindness, how much time and energy you spend thinking about COVID-19, how you limit social media. **Focus on what you can control.**

2 WHAT YOU CANNOT CONTROL

Trying to predict what is ahead, knowing how long this will last, whether other people are following social distancing guidelines, how quickly the economy will recover, whether there is toilet paper at the store.

It is helpful to identify things you cannot control so you can let go of them.

PLAN FOR WHAT YOU CAN

(Based on AHS Text4Hope Program resources)

3 BE PROACTIVE

Write down specific worries you have about how COVID-19 may disrupt your life. If you start feeling overwhelmed, take a break.

Focus on the concrete things you can problem solve or change, rather than circumstances beyond your control.

Draw up a plan of action. Revisit and revise your plan if circumstances change.

While it may be scary to think about how COVID-19 could disrupt your life, being proactive can help relieve at least some of the anxiety.

4 HOW TO STOP "WHAT-IFs" FROM SPIRALING

Grounding yourself in the present moment can stop the negative spiral.

Bring your attention to your breath and your body. Focus your attention on the sights, sounds, and smells around you and what you're feeling in your body. Breath in and out slowly, gently bringing your mind back to your body and breath when it drifts, until you feel more calm. (Popular mindfulness apps: CALM, Headspace, Insight timer).

For professional support contact the Alberta Medical Association Physician and Family Support Program (PFSP).

