



LOCUS OF CONTROL

What is happening for myself and my family right now? What is happening with my own working life?
What can I do about each of the worries or issues that arise for us at this time?

WHAT CAN I/WE CONTROL ?	WHAT CAN I/WE INFLUENCE ?	WHAT CAN I/WE LET GO OF ?

What do I need to do now? What actions will I take to feel more in control or to accept this situation... ?

TODAY	
TOMORROW	
THIS WEEK	



ACCEPTANCE AND LETTING GO OF WHAT WE CANNOT CHANGE

Acceptance is the ability to acknowledge that “this is the way things are... for now!” We are accepting as a society that physical distancing is necessary to protect us. It has become a practice for us over the last two weeks. Acceptance has enabled us to change our thoughts and our behaviours. We may find that in accepting these societal changes, we are more inclined to respond differently towards other situations too. We may be responding differently to others and being more understanding of their situations that they find themselves in. We may find that we are developing a greater capacity for kindness towards ourselves and others.

WHAT DO YOU NOTICE THAT YOU HAVE BEEN ACCEPTING IN THESE LAST FEW WEEKS ABOUT WORK?

WHAT DO YOU NOTICE THAT YOU HAVE BEEN ABLE TO LET GO OF REGARDING WORK THAT IN THE PAST HAS BEEN CHALLENGING TO LET GO OF?

WHAT CONTINUES TO CHALLENGE YOU IN ACCEPTANCE OF A SITUATION AT WORK, IF ANYTHING?

WHAT MIGHT SUPPORT YOU AT THIS TIME TO FEEL BETTER ABOUT THESE CIRCUMSTANCES? WHO MIGHT BE ABLE TO HELP?
