

This is for my anxious human beans... whatever you are feeling right now is completely understandable and you are not alone.

In one way or another, myself, family, friends, clients, colleagues, strangers I talk to, a lot of us, are feeling it.

And that is the first thing to remember. ALL of us, together, are feeling, we are united, even if it is in our worry. On one hand it is beautiful because it means we care so deeply, but on the other hand, it can feel completely overwhelming.

Second thing to remember, is that it is ok to feel worried right now, because that is a completely healthy response to uncertain times.

But, as much as worrying is healthy, living in a more permanent panic or fear state can make life really challenging, and as we don't know how long this is going to last, I am going to try and break this down; effectively turning this giant mountain, into much more manageable hills.

A lot of my anxiety comes from not having control, and right now, there is A LOT I cannot control, so I wrote myself the below table. I hope it inspires you to think about your own mountain and how you could come up with your own version of more manageable hills:

WHAT YOU CANNOT CONTROL:	WHAT YOU CAN CONTROL:
You cannot control this pandemic.	You CAN control that you follow guidelines about social distancing.
You cannot control who will get ill.	You CAN control how much you keep in touch with loved ones via phone/text/facetime and email and make sure they are following the recommended guidelines.
You cannot control the economic situation.	You CAN control educating yourself, reading the government guidelines on support, find out who you need to talk to, what you're entitled to, ask your family/friends/online community for information/support.
You cannot control the media or other people's reaction to the pandemic.	You CAN control your interaction with the media, you can choose 1 or 2 specific times to watch the news, you can limit social media if it makes you feel more panicky and instead write down how you are feeling, express it in another form, or reach out for support from someone who feels able to talk things out with you. Do