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|  | whatever time you spend thinking someone may die, you spend the same amount of time thinking what if they live.  |
| You cannot control that this will be unfair. | You CAN control reminding yourself that it is unfair for everybody involved, you're allowed to be angry that the super-rich can pay for private testing and disappear to their secluded getaways. But you also have to remind yourself that they are the few and you are part of the many, and there is pride in making a stand together against this, to be part of the side of humanity who cares not only about themselves but about others. When you can't sleep at night, it is because you care, not because you don't have a conscious. |
| You cannot control that this could hurt.     | You CAN control, that if someone you love dies, you are allowed to be angry and devastated, you are allowed to have all the emotions and you will allow yourself time to grief.  |
| You cannot control how long this will take.  | You CAN control how you talk to yourself and others, you can control how you treat yourself and others. Self-care, kindness, compassion for yourself and others, will get us through this.   |

The problem with this is that what you cannot control requires no action, it is much easier to think about as it only requires a thought.

What you CAN control requires not only a thought, but a change in behaviour and an action to counteract the uncontrollable.

A lot of us wait for someone else to make us feel better, I promise, you already have that capacity inside you, you may have just forgotten how to look after you as you've spent so much time worrying about others, or you've forgotten that your needs matter too.

Dealing with anxiety takes some time, and work, and it is not easy. But remember your anxiety is not an evil, it believes it is keeping you safe, but it's just way too overprotective. I have hopefully shown, there are still things that are in your control.

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**Work out what you CAN do today, to make your day feel just a little bit better.**