

THE WORRY TREE

FOR THE CORONAVIRUS PANDEMIC

WHAT AM I
WORRIED ABOUT?

CAN I DO ANYTHING ABOUT IT?

NO

YES

WHAT I CAN'T CONTROL

WHAT I CAN CONTROL

GETTING MY USUAL
FOOD IN THE SHOPS

MAKING SURE I WASH MY
HANDS REGULARLY, FOR
AT LEAST 20 SECONDS

TOILET ROLL SHORTAGES

FINDING INTERESTING
THINGS TO DO AT HOME

WHEN AND HOW THIS WILL END

BEING KIND AND CONSIDERATE

OTHER PEOPLE
BEING SELFISH

HAVING A POSITIVE ATTITUDE

OTHER PEOPLE NOT
FOLLOWING SOCIAL
DISTANCING

TAKING CARE OF YOUR
OWN HEALTH

SOCIAL DISTANCING FROM
VULNERABLE PEOPLE

THESE THINGS ARE OUTSIDE
OF MY CONTROL...LET WORRY
GO AND FOCUS ON THINGS
THAT WE CAN CHANGE :)

THESE ARE THINGS I CAN
FOCUS MY ENERGY ON. DO
WHAT YOU CAN, AND TRY
TO LET YOUR WORRIES GO.