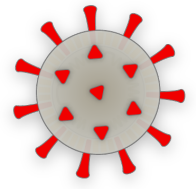


FACE COVID @ WORK



How to engage effectively and maintain health and safety
by Dr Russ Harris & Dr Natasha Lazareski

F

Focus on what's in your control

Fear, anxiety, worry and judgements are normal reactions. You can't magically control them. Nor can you control the Corona virus, the economy or what other people do. But you can control what you do - here & now. So focus on that!



A

Acknowledge thoughts & feelings

Silently and kindly acknowledge your thoughts and feelings, With curiosity, notice what's going on in your inner world. You might say to yourself, 'I'm noticing feelings of anxiety' or 'There's my mind worrying' or 'I'm having a thought that this is too much '.



C

Come back into your body

Find your own way to connect with your physical body, For example: Slowly press your feet hard into the floor, or slowly press your fingertips together , or slowly stretch your arms or neck, or shrug your shoulders, or take some slow breaths



E

Engage in what you're doing

Notice where you are, and refocus your attention on the present activity or conversation. Notice what you can see, hear, touch, taste and smell. Notice what you are doing, and give your full attention to that activity. Notice what others are doing and saying.



C

Committed action

Take effective action. Follow official and workplace guidelines to protect yourself & others. Ask yourself often 'What can I do right now - no matter how small it may be - that improves life for myself or others?' 'How will my actions affect my colleagues, my customers and others?'



O

Open up

Make room for all those painful feelings - and be kind to yourself. What kind things would you say to and do for a loved one in this situation? Apply those same kind words and deeds to yourself.



V

Values

What sort of person do you want to be? How do you want to treat yourself and others? What are workplace values and behaviours that you wish to follow. Your personal values might include patience, courage, kindness, respect, support or numerous others. Look for ways to live them.



I

Identify resources

Identify resources for OHS guidelines, physical and mental health. This includes colleagues, friends, family, peer support, EAP, health professionals, emergency services. Make sure you know the appropriate contact phone numbers.



D

Disinfect & Distance

Disinfect often & maintain physical distance - to care for yourself, your loved ones, your coworkers and your community. Follow your workplace OHS disinfection and distancing guidelines.

