

MANAGING COVID ANXIETY



DFTB (@DFTBubbles) & Ana Waddington (@alwaddington)
Infographic by Charlotte Durand (@char_durand)

at work

**CHECK IN THAT
COLLEAGUES ARE OK**



at home



**USE AN ALARM CLOCK, LEAVE
PHONE IN ANOTHER ROOM**

**WORK ON YOUR
EYEBROW EXPRESSIONS
UNDER THE MASK**



EXERCISE HOWEVER YOU CAN



**REPLACE HUGS WITH TOE-TAPS
OR THUMBS-UP**



**PRIORITISE NON-COVID
ACTIVITIES I.E.
READING/NETFLIX**

