

Thought Triage – managing difficult thoughts:

HOW AM I FEELING?

*worried*



WHERE AM I FEELING IT?

*tight chest*



WHAT COULD BE MAKING ME FEEL THIS WAY?

*Concern for family members I can't visit*



WHAT UNHELPFUL THOUGHTS ARE SURFACING?

**ACKNOWLEDGE THIS – DON'T IGNORE IT!**

*What if they're lonely and scared? Would they tell me?*



FORM A MORE BALANCED PERSPECTIVE

OF THOUGHT

*Keeping my distance is keeping them safe*



TALK TO SOMEONE WHO

COULD HELP

*call a trusted friend*