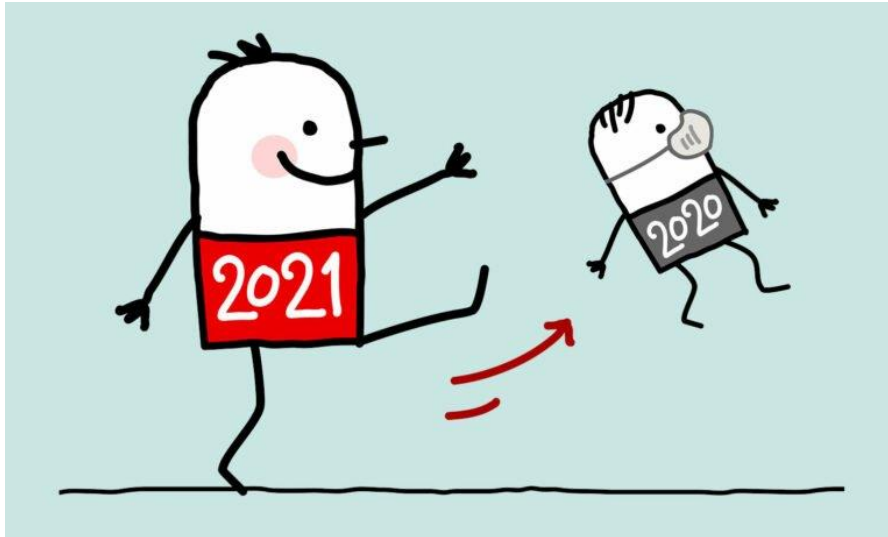


Wellbeing Tip of the Week

This is only temporary



Sometimes it's helpful to remind ourselves that the situation we're in is only temporary. When faced with a challenging situation, such as the pandemic, or when experiencing a difficult feeling, which can feel intense and long-lasting, it can be hard to think about anything else.

Instead of letting it consume us, if we focus on the fact that it's temporary and will end at some point, this can help us to shake it off and feel a little less overwhelmed.

Actively saying to ourselves: "This feeling/situation is temporary and it will pass!", can help reframe our mind-set and enable us to take a step back and see things from a different perspective.