COVID-19: demonstrating positive behaviours

Our behaviours have large impacts on those around us, remember we are a work community

References: https://www.psychologytoday.com/gb/blog/healthy-prescriptions/202003/combatting-the-coronavirus-mentalhealth-pandemic

Consideration

Have **consideration** for others, be mindful of overloading colleagues with social media posts. Please maintain cleanliness and hygiene.

Courtesy

Be **courteous** to your fellow workers. We are all in this together and likely to share the same concerns and anxieties.

Social vitamin C

Caring

Keep **caring** about your colleagues, whether they are working or self isolating. Both situations are hard, please offer support.

Community

Keep up the **community** spirit, share positive experiences. This will help reduce the fear and anxiety of those around you.

Compassion

Show **compassion** to those who are more affected than you or who are in a more vulnerable situation.

Healthcare at its best with people at our heart