

# ADAPTER



## Think

The pandemic is serious, we need to be careful. There is not much we can do but accept what is happening. It is really not what I want



## Say

I am sad, disappointed, unhappy, BUT I understand. It is what it is. Everyone is trying their best  
**The story I tell myself is:** I just wish this is over, I understand the scale, and do my bit to stay safe, but I miss my life before. I have to be GRATEFUL, CAREFUL and RESPONSIBLE AND NOT COMPLAIN.



## Do

I follow the rules and do my bit to ensure my own and other's safety. I wear a mask, I sanitise, I stay at home



## Feel

I am anxious and scared to get infected, but I trust you and that you will ensure my safety. I want to still feel valued, but I should not be too demanding. I am also lonely and the social distancing and lack of family contact is getting to me.



## Hear

I hear much talk about the pandemic, the stats, the regulations. My friends talk about it - everyone is... I am a bit tired of it.



## Fears

I lie awake thinking about my job, the economy, my family's health and safety. What will happen if any one of us get sick. The uncertainty is killing me! Will we get through this???



## Pains

I see service is not up to standard. So many other things are now priority, things we took for granted. I can't complain because I will sound ungrateful. I miss my life before, and I know everything has changed. I don't like all the changes, but what can I do but adjust?



## Needs

I need to feel safe. Everyone must do their bit. I need some people interaction. I need to stay calm and accept the current situation is out of my hands.

*I don't like it, but I have to accept it. I will not say how I feel, because I have to be grateful*