Living with worry and anxiety amidst global uncertainty

<https://www.practitionerhealth.nhs.uk/media/content/files/guide_to_living_with_worry_and_anxiety_amidst_global_uncertainty_en-gb(2).pdf> is a useful guide

Looking at our Somerset offer

Change and Loss has been the theme for the last two years. It’s worth remembering the Serenity Prayer:

Grant me the Serenity to accept the things I cannot change,

The Courage to change the things I can, and

The Wisdom to know the difference

**Emotional Logic** can help us with an understanding of how we transit change and loss – why not have a look at the Primary Care Offer – the on-line learning comes in bite-sized 10 minute chunks. People say it’s worth watching with a family member

Go Well and best wishes, Andrew Tresidder