



## Managing Distractions from Bothersome Thoughts & Emotional Responses to Them

We have all experienced being distracted by bothersome thoughts and personal concerns. Today we are experiencing new health and logistical concerns as a result of the Coronavirus, CV-19. However, in your safety critical situations, you cannot afford to have your attention hijacked by what-ever may be troubling you on a personal level. The good news is that if you simply write down your bothersome thoughts and concerns along with how you are likely to respond emotionally, it can free-up the attention you give to your bothersome thoughts and concerns.

The following Bothersome Thoughts & Concerns Worksheet can help you identify your bothersome thoughts and concerns and your emotional response to them before you begin your safety critical work. By identifying and documenting what-ever may be bothering you ahead of time, you will be able to compartmentalize your thoughts and concerns that can distract your attention from your most safety critical tasks.

## Bothersome Thoughts & Emotional Response Worksheet

Bothersome Thoughts & Concerns	Your Emotional Response

How to Manage Distractions and Control Your Attention in the Age of Coronavirus CV-19 (cont'd)		