

# Perspective is key

During these uncertain times, maintaining a sense of perspective can be invaluable.

**“The more we are surrounded by chaos and fear, the easier it is to lose perspective and see everything through a negative lens”,** explains Dr. Green. **“Focusing on the things that are going well and the things that you can control will help you maintain that all important perspective that will promote a sense of balance in terms of your wellbeing.”**

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