



Note: Timeline is approximate, based on Williams' estimation of phase durations

Trigger event
23 March
UK COVID-19
lockdown
announced

Sources:

Overall graphic: Williams, D. (2016). Life events and career change: Transition psychology in practice. Paper presented at British Psychological Society's Occupational Psychology Conference. <http://www.eoslifework.co.uk/transprac.htm> (accessed on April 9, 2020). Yale University. 2016. Emergency management: Business continuity for laboratories

COVID-19 hospital bed requirement projection: Institute for Health Metrics and Evaluation (IHME) website (2020). COVID-19 projections assuming full social distancing through May 2020 - United Kingdom. Last updated April 8, 2020 (Pacific Time). <https://covid19.healthdata.org/united-kingdom> (accessed on April 9, 2020).