

I CANNOT CONTROL

(So, I can LET GO of these things.)

IF OTHERS FOLLOW THE RULES OF SOCIAL DISTANCING

THE ACTIONS OF OTHERS

PREDICTING WHAT WILL HAPPEN

OTHER PEOPLE'S MOTIVES

THE AMOUNT OF TOILET PAPER AT THE STORE

HOW LONG THIS WILL LAST

HOW OTHERS REACT

I CAN CONTROL

(So, I will focus on these things.)

MY POSITIVE ATTITUDE

HOW I FOLLOW CDC RECOMMENDATIONS

MY OWN SOCIAL DISTANCING

TURNING OFF THE NEWS

LIMITING MY SOCIAL MEDIA

MY KINDNESS & GRACE

FINDING FUN THINGS TO DO AT HOME

