

I CANNOT CONTROL

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



OTHER
PEOPLE'S
MOTIVES

THE AMOUNT OF
TOILET PAPER
AT THE STORE

I CAN CONTROL

(So, I will focus on these things.)



THE
ACTIONS
OF
OTHERS

MY POSITIVE
ATTITUDE

TURNING
OFF THE
NEWS

FINDING FUN
THINGS TO DO
AT HOME

HOW
LONG
THIS
WILL
LAST

HOW I FOLLOW CDC
RECOMMENDATIONS

LIMITING MY
SOCIAL MEDIA

PREDICTING
WHAT WILL
HAPPEN

MY OWN SOCIAL
DISTANCING

MY KINDNESS & GRACE

IF OTHERS FOLLOW
THE RULES OF
SOCIAL
DISTANCING

HOW OTHERS
REACT

