

# 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

MY OWN SOCIAL  
DISTANCING

MY KINDNESS & GRACE

PREDICTING  
WHAT WILL  
HAPPEN

IF OTHERS FOLLOW  
THE RULES OF  
SOCIAL  
DISTANCING

HOW OTHERS  
REACT

