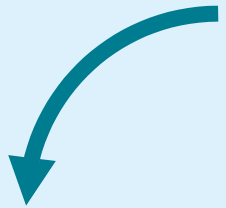


# I cannot control

(so I can LET GO of these things)



How long this will last



If others follow the rules



# I can control

(so I WILL FOCUS on these things)

How others react

*Limiting social media and news*

*My positive attitude*

The amount of toilet paper at the supermarket

*Finding fun things to do at home*

*Maintaining my physical distance*

*Following Ministry of Health COVID-19 guidelines*

The actions of others

What will happen in the future

