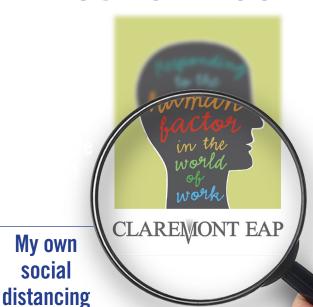
I WILL LET GO OF THE THINGS I CAN'T CONTROL

How long this will last

Predicting what will happen

> The amount of toilet paper at the store

I WILL FOCUS ON THE THINGS I CAN CONTROL



Other people's motives

How others react

The

actions of

others

Finding fun things to do at home.

How I follow CDC recommendations

My own social

> **Limiting my** social media

Turning off the news

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If others follow the rules of social distancing