

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

I WILL FOCUS ON THE THINGS I CAN CONTROL

How long this will last

Other people's motives

Predicting what will happen

How others react



My own social distancing

Finding fun things to do at home.

How I follow CDC recommendations

Limiting my social media

The amount of toilet paper at the store

Turning off the news

The actions of others

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If others follow the rules of social distancing