

## I CANNOT CONTROL



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

IF OTHERS FOLLOW THE **RULES OF SOCIAL** DISTANCING

## ICAN

THE AMOUNT OF TOILET PAPER AT THE STORE

FINDING FUN

THINGS TO DO

AT HOME

(So, I will focus on these things.)

TURNING

OFF THE

NEWS

LIMITING MY

SOCIAL MEDIA

THE ACTIONS OF OTHERS

PREDICTING

WHAT WILL

HAPPEN

MY POSITIVE ATTITUDE

HOW I FOLLOW CDC RECOMMENDATIONS

MY OWN SOCIAL DISTANCING

OTHER PEOPLE'S MOTIVES MY KINDNESS & GRACE

Clipart: Carrie Stephens Art The Counseling Teacher.com

HOW LONG THIS

WILL LAST

HOW OTHERS REACT