

I CANNOT CONTROL

Border restrictions

The actions of others

How others react



The amount of toilet paper at the store

Predicting what will happen

Other people's motives

If others follow the distancing rules

How long this will last

Health restrictions

SO I CAN LET GO OF THESE THINGS

I CAN CONTROL



My positive attitude



My kindness to others



Visiting the Edward River or Lagoons walk

How I follow recommendations

My own physical distancing



Limiting social media and news

Supporting local businesses



Reaching out for help



Finding fun things to do at home

SO I'LL FOCUS ON THESE THINGS