

What I can't Control

So, I will not focus on these...

What I can Control

So, I will focus on these...



maintaining a positive attitude

my own social distancing

exposure to news updates & social media

Engaging in enjoyable activities/hobbies while at home

How I will follow WHO's recommendations

Predicting the future

The reactions of others

How others social distance

How other people follow WHO's recommendations

How long this will last