

# I CAN'T CONTROL

(THEREFORE I NEED TO LET GO OF...)

## I CAN CONTROL

(I THEREFORE SHOULD  
FOCUS ON THESE  
THINGS)

MY  
POSITIVE  
ATTITUDE



MY  
CHOICE  
OF ACTIVITIES



MY  
ACTIONS

(e.g. compliance with  
recommendations, what I  
say)



WHAT IS  
GOING TO  
HAPPEN IN  
THE  
FUTURE



MY  
INFORMATION  
AND NEWS  
DOSAGE



MY LOVED  
ONES'  
APPREHENSIONS



MY  
PHYSICAL  
DISTANCING



MY  
LIFESTYLE



OTHER  
PEOPLE'S  
REACTIONS  
OR  
ACTIONS

