IN TIMES OF UNCERTAINTY, FOCUS ON WHAT YOU CAN CONTROL





Other People's Behaviour

News Reports

My behaviour, hand-washing, wearing facemask, social distancing.

Can

My Routine

Turning off

the News

My Kindness

Exercise

Limiting Social Media

Levels

Control Asking for Help

Eating Healthy

Staying in touch with friends & family on the

phone or online

Other

The

People's

Economy

Reactions Outside

My Control

How

long

COVID

lasts

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