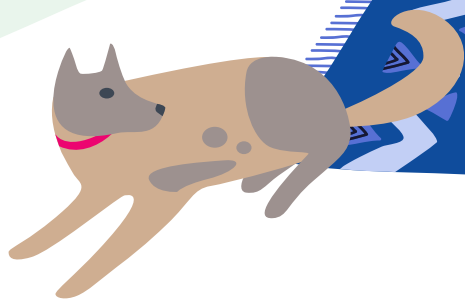


Things I cannot control

- ★ the behaviour + actions of others
- ★ what will happen next + how long this will last
- ★ neighbour's chatting while I meditate
- ★ physical distancing efforts of others
- ★ panic buying

..... so I will let go of these.



Try to recognize & avoid thinking traps, like catastrophizing, jumping to conclusions, and over-generalizing.



Things I can control

- ★ limiting intake of news & social media
- ★ connecting with others
- ★ following physical distancing instructions
- ★ the songs I sing while I style my hair
- ★ maintaining a positive outlook
- ★ frequently washing my hands
- ★ reading interesting books

..... so I will focus on these.

