



Focus on managing the things you can control; it is more effective and much kinder to yourself!

(So, I can LET GO of these things.)				
IF OTHER FOLLOW T RULES OF SC DISTANCI	THE DCIAL NG	CAN	Z, P	THE AMOUNT OF TOILET APER AT THE STORE
THE		ocus on these		
ACTIONS OF OTHERS	MY POSITIVE ATTITUDE HOW I FOLLOW CDC	TURNING OFF THE NEWS	FINDING FUN THINGS TO DO AT HOME	HOW LONG THIS
	RECOMMENDATIONS MY OWN SOCIAL	LIMITING MY SOCIAL MEDIA		WILL LAST
PREDICTIN WHAT WIL HAPPEN	G DISTANCING L MY	KINDNESS & GRACE		HOW OTHERS REACT
		: Carrie Stephens Ai InselingTeacher co	CONTRACTOR OF THE OWNER	

Carrie Stephens Art