

in vs. out of my control during

COVID-19



in my control

my self-care

what I eat & drink

what I post to social media

my views and opinions

what I watch

what I listen to

what I read

how I spend my free time

asking for help

the time I spend worrying

practicing mindfulness

my hygiene

setting my own boundaries

the media

how others react

how other people behave

other people's actions

the future

other people's opinions

out of my control

death

others feelings

what others post online

the weather

other people's time

pandemics

how other people think

what others post online

other people's feelings

