

I CAN'T CONTROL

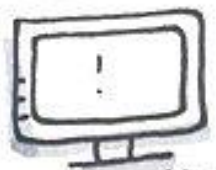
So, I'll let go of these things...



I can control

So, I'll focus on these things...

when will there be a vaccine?



Turning off the news

Staying Positive



Limit Social media



keeping in touch with loved ones (virtually!)

Only take what I need



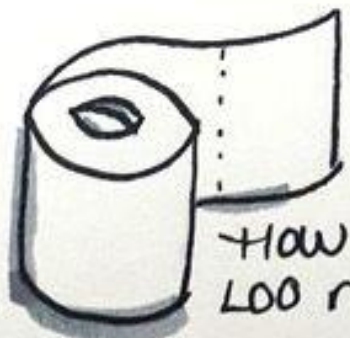
Breathe

other people's behaviour!



Enjoy nature where I live

How much pasta is left...



How much loo roll is left...

How long it will last

@Jo.Boh