

THINGS YOU CAN CONTROL VERSUS THINGS YOU CAN'T CONTROL

Self-isolation is difficult, we may experience a range of thoughts and emotions, perspective is key.

CAN'T CONTROL



HOW LONG THIS
WILL LAST.

Nobody knows the
answer to this.



WHAT OTHERS
SAY OR DO.

We all have free-will
and personal responsibility.



WHAT'S ON THE NEWS.

But we can change the
channel or turn it off.

CAN CONTROL



YOUR OWN THOUGHTS
& ACTIONS.

Make sure they serve
you and the community.



YOUR OWN SELF-CARE.

If you don't look after
yourself who else will?