

WHAT SHOULD I WORRY MOST ABOUT?

AND

WHAT SHOULD I WORRY LEAST ABOUT?

WITH COVID-19



Focus your worry on things you can control.



Worry less about things you can't control.

Worry about staying healthy. Wash your hands and don't touch your face.

Try not to focus on what you'll do if you catch it. Expend energy on NOT catching it in the first place.

Worry about the health of at-risk loved ones. Buy them groceries and communicate virtually if needed.

Limit news and internet time if you're feeling overwhelmed. Leave the prediction attempts to the experts.

Worry about keeping your children sane. Take advantage of free learning options and get outside as often as possible.

Worry less about buying all the toilet paper. 'Nuff said! ;)