

I CANNOT CONTROL

- Predicting what will happen.
- The actions of others.
- My classes being online.
- How much toilet paper is at the store.
- How long this will last.



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I CAN CONTROL

- My TRUE BRUIN attitude.
- My outlook on the situation.
- How I spend my time.
- How I follow CDC recommendations.
- Being mindful about social media and news consumption.
- My own social distancing.