

	not assume everyone wants to talk about this. You can ask people to not talk about it to you, take yourself out of the conversation, or practice deep breathing to calm yourself.
You cannot control that some people will panic buy.	You CAN control asking for help from friends/family/neighbours/ your online community if there is something you need. You can offer to help vulnerable members of your community.
You cannot control how long you or others may end up being at home.	You CAN control making a conscious effort to stick to a routine, still get up, shower, eat breakfast, put make up on, etc. Do exercise and eat as healthily as possible while not beating yourself up if you do put weight on. If you are with the kids, do not feel pressure to entertain them every day. It is ok to have a 'boring' day, they will be fine. You can keep in touch with others through call/text/facetime and email. If able, you can get involved with community projects if you are well enough, you can check in with people regularly, you can offer support to your friends/family/neighbours/community projects/online community.
You cannot control that some people will joke about this.	You CAN control introducing boundaries around conversations that upset you or make you feel worse.
You cannot control that you or others may lose their job.	You CAN control contacting citizens advice if it happens to you, signing petitions for others, asking for advice from unions/family/friends/your online community, consider a lower wage for a temporary period, know you are not alone, ask for help.
You cannot control that some people will die.	You CAN control educating yourself with the facts and know that many more people will survive. You can make sure anyone you are worried about is following the guidelines. You are allowed to be worried about this, but that worry does not have to control you. It is only fair that