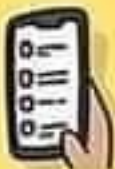


WHAT I CAN CONTROL:

by
mellow
doodles
♡



How much news
I read & watch



How much
time I spend
on social media



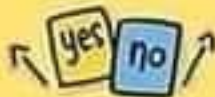
Where I direct
my energy



How I speak to
& treat other
people



How I choose
to self soothe



The decisions
I make



How I handle
my own feelings



How I look
after myself

WHAT I CAN'T CONTROL:



How other
people behave



How other
people feel



other people's
thoughts & ideas



Other people's
decisions