

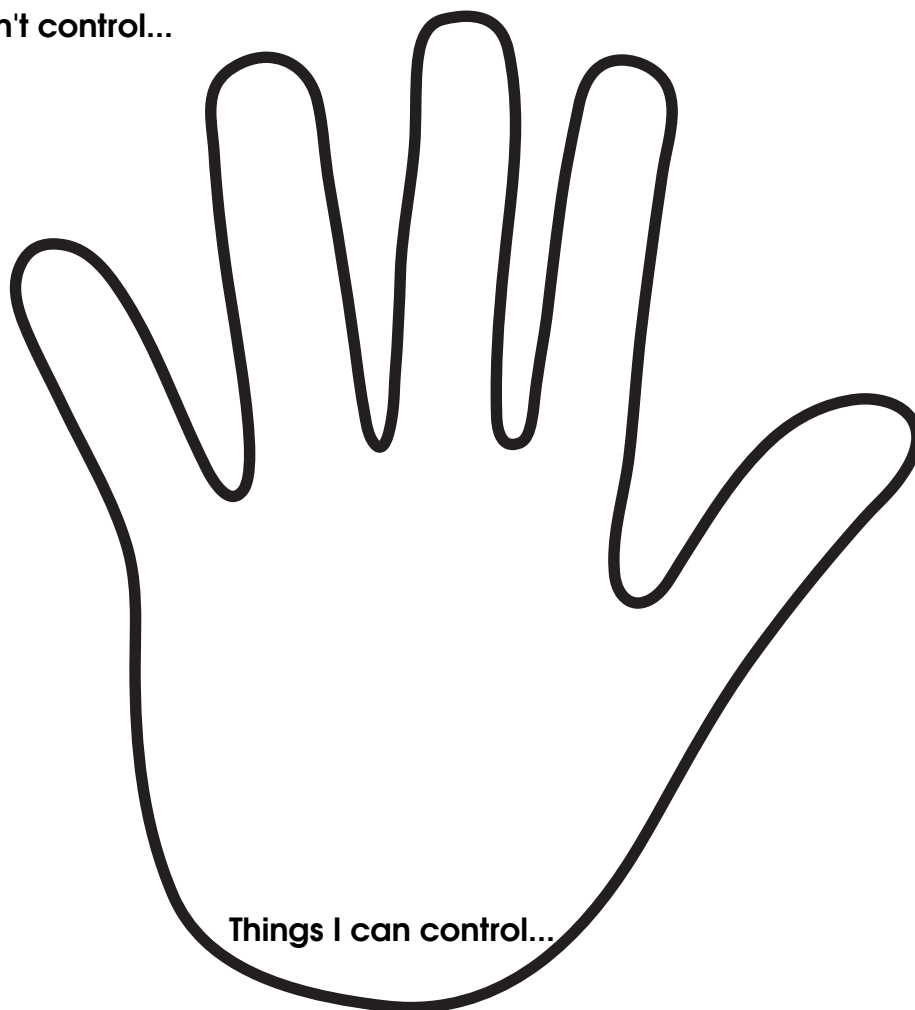
Things I Can and Can't Control

When we are facing a challenge or stressful event it is easy to get lost in worrying about all sorts of things that are out of your control. This is a natural reaction but it is not that helpful. Instead why don't you try this simple activity to help focus on what is in your control:

Firstly, acknowledge how you are feeling about the situation.

Using the hand below, **write outside** of the hand things that are **out of your control**. **Write inside** of the hand things that are **in your control** for this particular challenge or stressful situation.

Things I can't control...



If you're stuck, here are some suggestions:

Things I CAN control:

- Taking care of myself
- The way I behave
- My self talk
- Breathing
- Asking for help

Things I CAN'T control:

- My friend's and family's behaviour
- Other people's feelings
- The past
- What other people say
- What others think of me