

What can I control?

We often spend a lot of time worrying about things that we have no control over. Although these are genuine worries, we can tend to spend less attention to our worries that we have control over and can change. Unfortunately, this can cause us to be stuck in a loop of anxiety, as we become fixated on things we cannot change and tend to neglect the simpler worries such as getting enough sleep and drinking enough water.

This activity can help us to identify the things that we can control, allowing us to let go of the worries that we have no control over. This can help us to refocus and help us to manage our anxiety.

My Worry	Can I control this worry?	What steps can I take to overcome this worry?
<i>Example: I feel worried about school</i>	<i>Yes</i>	<i>I could speak to my teacher and explain how I am feeling.</i>