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, this can cause us to be stuck in a loop of anxiety, as we focus on things that we cannot change instead of the worries that we can change.

The activity below can help us navigate our worries and refocus on the things that we can do to make ourselves feel better.

Example:

withYouth
YOUNG PEOPLE'S Digital Wellbeing Services

No Control

Some Control

Most Control

Weather

Other people's opinions

Getting to school on time

Arguing with my parents

The time

Attitude towards things

Messy room

Moving regularly

Covid-19

Homework

How I spend my free time

Bedtime

My relationships with others

Decicions my friends make

Other people's hygiene