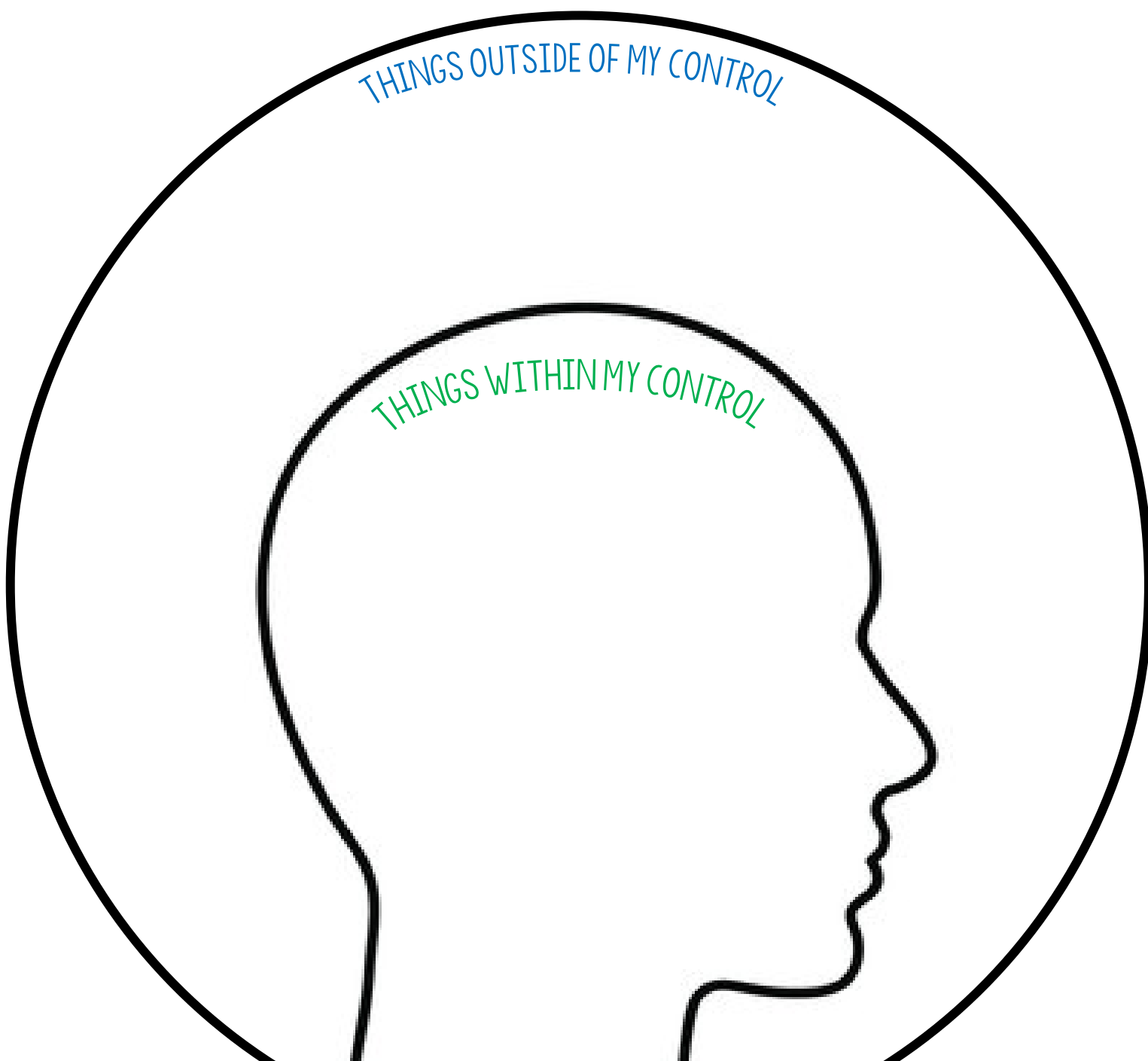




## What you can control VS. what you cannot control



While it is natural to be feeling stressed and anxious, it is important to also keep things in perspective. Reminding ourselves of the things that we have control over rather than focusing on the things we can't control within our lives, can help to reduce anxiety and stress.

**Activity:** Write down 10 things that are within your control (e.g., being kind, your thoughts) and 10 things that are outside of your control (e.g., the past, what others think of you).