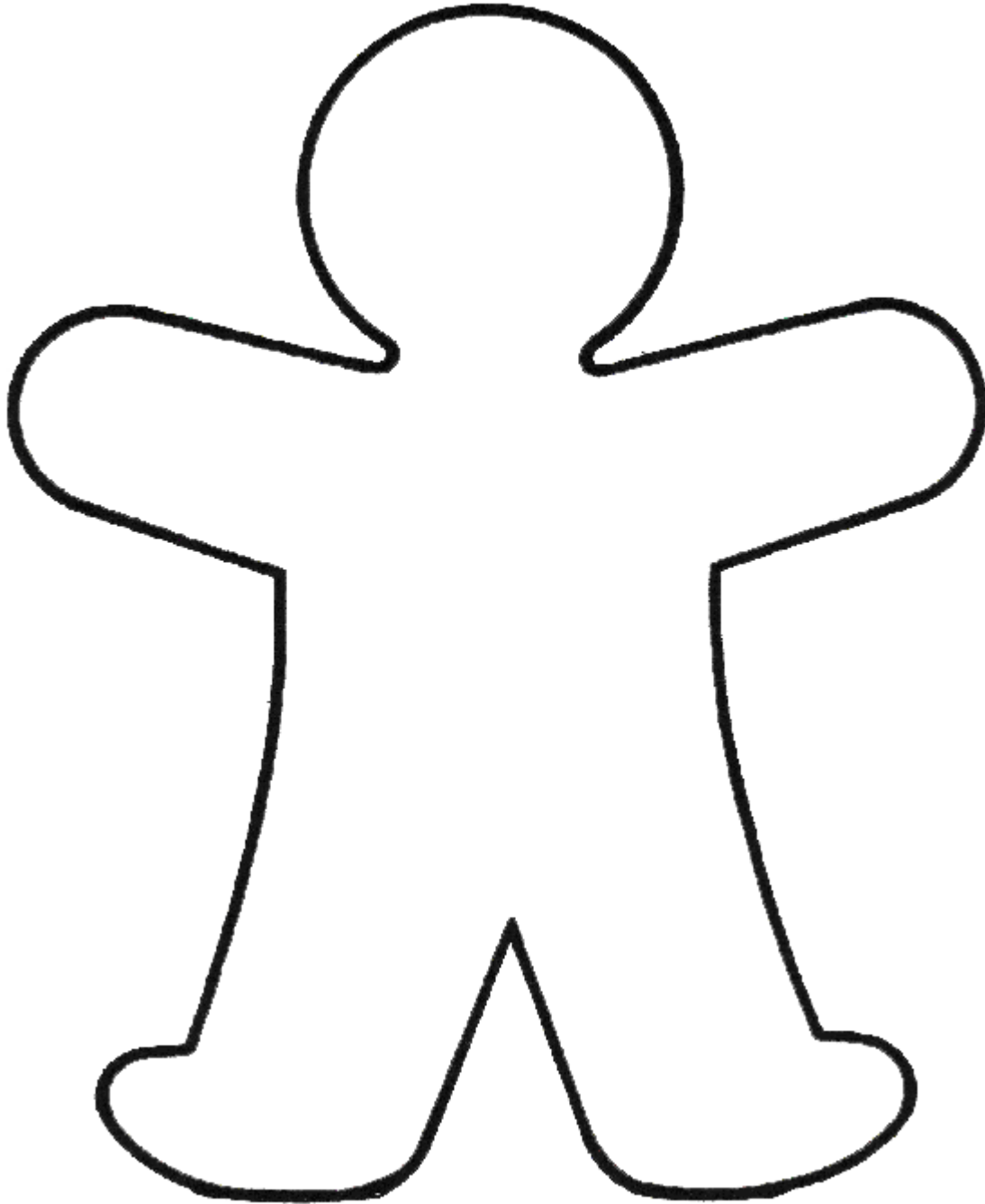


What's In My Control?

Many of us are struggling with feeling overwhelmed by fears and anxiety resulting from the COVID-19 pandemic. While this is normal, an important way to cope with anxiety is to identify what is and what is not within our control, and then focus on the things that are within our control.

To complete this activity, list or draw the things that are not within your control outside your body outline. Then list or draw the things that are within your control inside your body outline. Examples of things not in your control are how others respond to the virus, how long social distancing is required, and the fact that the playground is closed. Examples of things within your control include how much you move your body daily, what you do to reduce risk, and how much news you watch. After you have completed this, write out five things you will do to manage your stress and keep yourself safe. Try to start statements with “I will” instead of “I won’t”. For example, “I will limit the amount of news I watch to 20 minutes a day.”

What's In My Control?



The things I listed or drew inside my body outline are the things that are within my control. The things I listed or drew outside my body are outside my control. I am going to focus on the things that are within my control.

Five Ways I Will Take Action to Manage My Stress

(Based on the Things I Can Control)

1)

2)

3)

4)

5)