

# REGAINING CONTROL

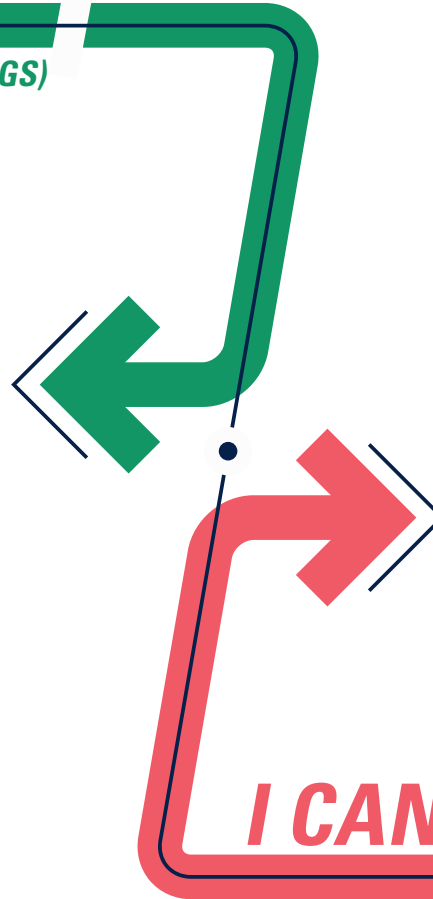


When we learn to let go of what we cannot control and focus on what we can, we diminish feelings of stress and anxiety over the unknown and elevate confidence and satisfaction in making the best out of what we're certain of.

## I CAN CONTROL

(SO I WILL FOCUS ON THESE THINGS)

- ✓ My positive attitude
- ✓ My productivity in work and outside of work
- ✓ Limiting social media and news consumption
- ✓ My emotional and physical well-being
- ✓ Finding relaxing things to do to keep me grounded
- ✓ How I show up in my relationships
- ✓ How I exercise
- ✓ What I eat
- ✓ Cutting out bad habits and creating new ones
- ✓ Finding creative and rewarding hobbies to invest my energy and attention in



- ✗ The beliefs, choices and actions of others
- ✗ The weather
- ✗ The past
- ✗ The future
- ✗ Inevitable change
- ✗ Others' responses to me

## I CANNOT CONTROL

(SO I WILL LET GO OF THESE THINGS)

Sometimes what seems to be a simple concept can be the most difficult to grasp. If you're struggling to make positive changes in your life, contact your Employee Assistance Program. We offer the guidance, tools and resources you need to take that next step.



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