



Sometimes we can get ourselves worked up about things that are outside of our control, however this is not helpful for our wellbeing. Instead, it is a better use of our time to recognise and focus on what we do have control over and what we can change.

*What Can't I Control?*

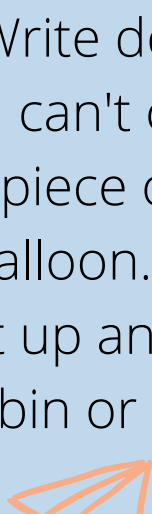
*What Can I Control?*




On this sheet, you will find some ways to let go of the things you can't control.



Picture your emotion as a colour in your tummy. Think about, or act out, gently painting over it with a calmer, healing colour.



Write down what you can't control on a piece of paper or a balloon. Then scrunch it up and put it in the bin or watch it float away.



Breathe like a Bumble Bee to buzz your worries away. On every breath out, make a long buzzing sound until you feel better.



It's ok to not be in control. Say to yourself 'I can be happy without being in control. There's so much I can offer to the world just by being me'.

