



WELLNESS TOOLS / STRESS & COPING

What Can I Control?

Put your energy where it can actually help.

3 MIN

Small enough to use today. Practical enough to use again.

Stress often gets louder when we try to solve things we cannot control. Sorting the problem can help you identify a realistic next step.

Sort the situation

CONTROL My words, actions, choices, boundaries, preparation, and how I respond.

INFLUENCE Conversations I can start, help I can request, information I can share, and people I can invite to work with me.

RELEASE Other people's reactions, the past, weather, unexpected changes, and outcomes I cannot guarantee.

Then ask

What deserves my attention today?

What can wait?

What do I need to stop carrying as if it is mine to fix?

Write it down

Something I CAN control:

One next action I can take:

Want to go deeper? Community Wellness by ASAAP offers free mental wellness and coping education. CALM Conversations is offered in person only. Contact kerry@asaap-ne.org.