



Separate Out What You Can and Cannot Control

The human mind seeks certainty and control, yet these may be impossible in the current environment. Practice acceptance of your circumstances as well as the emotions you experience. Making peace with what is out of your control can create mental energy for you to plan more productively for what is within your power.

What kinds of things can I control during this uncertain time?

- Steps you take to stay healthy
- How you cope
- How you treat others
- What you eat and drink
- How much help/support you seek
- Time you spend worrying
- How you support your community
- Amount of news you consume

Finding peace with what you can and cannot control

Worry often focuses our attention on the future: an unknown outcome, or danger or distress that we anticipate. One way to manage these worries is to focus on one worry at a time, and identify whether it is about something you can control or not. Once a worry is categorized, you can approach it more effectively:

1. Worries about things you can control can help motivate you to make a plan or take action.
2. Worries about things you cannot control are depleting. Use a coping skill to manage these worries instead.

Is this worry about **something I can control**?

Yes	No
What resources are available to help me stay informed about risks, safety measures in place, and important updates?	What am I feeling right now?
Who can I contact for logistical or practical help?	On a 1-10 scale, how intense is my emotion?
Who can I contact for emotional support?	Which coping skills will I use to help me relieve or tolerate my distress?
What steps can I take right now, to help me prepare for this situation?	<ul style="list-style-type: none"> • <i>relaxation, deep breathing</i> • <i>meditation, mindfulness</i> • <i>physical activity, getting outside</i> • <i>distress tolerance, riding waves of emotion</i> • <i>music, hobbies, creative arts</i> • <i>social support and connection</i> • <i>distraction: books, movies, TV</i>
	What can I do after this coping skill, to help me feel safe, supported, connected to others, or productive today?



“We must accept finite disappointment, but never lose infinite hope.”

- Martin Luther King