Finding calm ...

THINGS IN MY CONTROL & THINGS OUT OF MY CONTROL

Rainbow after the storm

WHERE MENTAL HEALTH MATTERS

www.rainbowafterthestorm.org

On My Mind Today

What are some things that are on your mind today?

Things I can NOT Control

So I can let go of these things

Past Mistakes

Other's Actions

What others post online

How people react to my boundaries

What Others Think

What Other People Believe

Who Loves Me

THINGS IN MY CONTROL

let's focus here

The Friends I Have

My boundaries

My Attitude

How I Respond to Situations

My Decisions

My Words

What I Say & Do

My Thoughts

Asking For Help

What I post Online

My Self-Care

Weather

My Actions

Who Likes Me

Others Being Kind

The Future

Other People's Time

Someone Else's Decisions

Others Apologising To Me

Often you will find that a topic can cross over both areas, such as the example below. The key here is to separate these allowing you the freedom to focus and care to things in your control.

Things I can NOT Control

When my health is up or down

How my body and mind are feeling

The possible wait for treatment

Health

THINGS IN MY CONTROL

How I look after my body and mind

What I am eating

Exercise (appropriate for me)

Rest when able/needed

Asking for help, attending appointments

Not feeling guilty for our health

Not comparing how you 'used to be'

My boundaries (saying 'no)

My attitude

Kindness to MYSELF

Thinking about your own world, note down what is IN your Control & What is OUT of your Control

Exercise

Now looking at what is IN your control, what are the small steps YOU can take.

Things I can NOT Control

THINGS IN MY CONTROL