**Weekly Tip – Control What you Can**

**Anxiety & worry seem to hit an all-time high when we focus on the things that are out of our control. Predicting what might happen or when we’ll be able to see our friends in person again; wondering why others aren’t following social distancing; the amount of toilet paper at the store are all examples of things we have no control over.**

According to psychiatrists, the best way to deal with anxiety over the things you CAN’T control is to try the following:

* **Acknowledge your feelings and do not judge them**. If you’re feeling stressed or sad, don’t ignore it, name it. Tell yourself those feelings are what make you alive. They make you human.
* **Find someone whom you trust to talk to.** People who talk about their feelings tend to be emotionally healthier. Friends, family, your teacher or school counselor are examples of those you might choose.
* **Step back from your worries. Not avoid or ignore….but find something that is a healthy distraction.**

Try some hobbies, exercise, disengaging from tv or social media that is drawing attention to the issue.

* **Think about the things you CAN control.** Examples include**:**

# **How YOU follow CDC recommendations – washing hands, social distancing, not going out unless it’s essential.**

# **Staying informed but limiting social media/tv exposure if it makes you anxious.**

# **Finding fun things to do at home that keep you smiling.**

# **Finding ways to keep your brain active and growing (Kids – the distance learning activities; Parents – the new tech you’re learning; books, etc.)**

# **Staying active and eating healthy**

# **Keeping a positive attitude**

# **Helping others & spreading kindness**