

Talking about our emotions
can be difficult, especially
when they feel scary and out
of our control.



REMINDER

Even when the world around
you feels like it is in
chaos, there are still many
things that are in your
control.



For example, you can control...

- what time you wake up in the morning



- how kind you are to others



- your attitude and effort



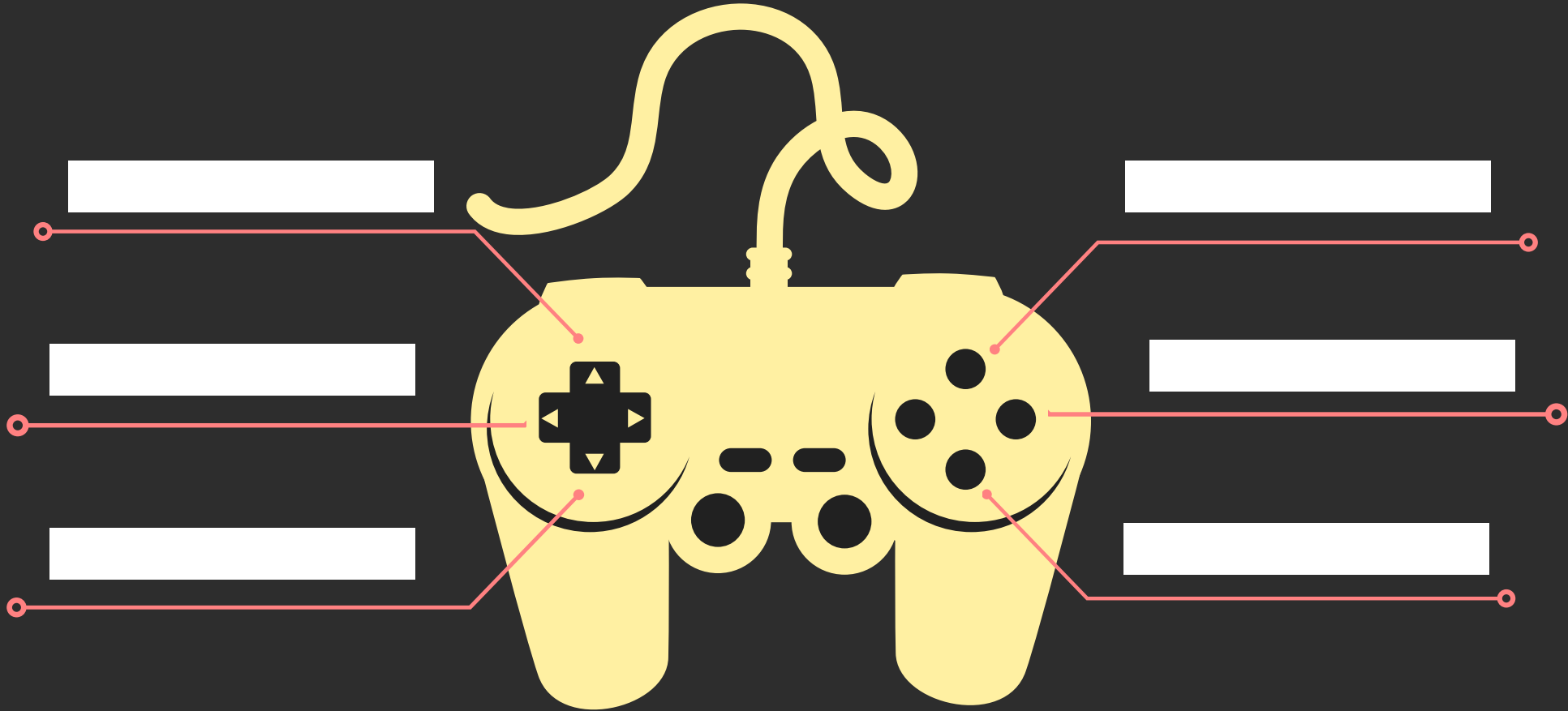
- how you respond to challenges



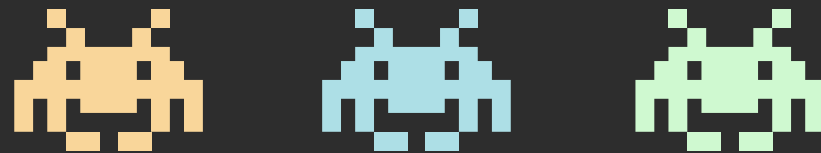
- how you take care of your body



INSTRUCTIONS: List six things that you can control to help you feel calmer during scary and uncertain times



YOU ARE IN CONTROL



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www.childrenshealingstudio.ca

Dr. Elena Merenda

