



When You Feel Out Of Control Over Your Life Workbook

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Introduction

There are a host of events and circumstances that can occur in our lives that can make us feel a sense of loss of control in our lives. When these situations arise, they lead to anxiety and stress which causes the body to produce the “fight or flight” stress response leading to the release of hormones in the bloodstream that travel to locations in the body and bring about specific physiological, psychological, and emotional changes.

At the core of feeling out of control is the need for certainty. When we have definite answers, timelines, or predictable outcomes we feel empowered to make decisions, take action and at the very least we know what to expect.

Exercise 7: Establish A Routine

Routines operate as a grounding force by giving us a set of activities or processes that we know will remain consistent.

Plan a detailed routine for your week. Set aside only a few minutes when you are allowed to worry. Add self-care actions to your routine – exercise, rest, reading, anything that promotes your wellbeing.

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

