## 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.

## **Regain Control Over Your Life**

#### **Exercise 1: The Situation**

Describe the situation which is causing your life to be out of control, provide details.

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#### **Exercise 2: Shift Your Perspective**

When we shift our perspective from a focus on those things, we cannot control we can begin to emphasize those things that we can control within the situation and develop a more positive mindset and perspective.

List the things you can change in this situation

List the things you cannot change in this situation

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Exercise 3: Embrace Uncertainty		
What is uncertain about this situation		

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What can you do about it?	

What are the negative effects on my emotional and psychological wellbeing to dwell on the uncertainty?

How have I lost control by focusing on uncertainty?	
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Write a message to yourself describing how uncertainty is an unavoidable and inherent part of
life

Commit to yourself in writing that you will embrace uncertainty and accept is inevitable	
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Exercise 4: Practice Mindfulness
Pick 5 minutes in your day and be mindful, describe the experience.
Include what you were doing, who was there, everything you saw, smelled, heard, thought about and all other details of those five minutes.


Continue this practice daily and keep adding time to the mindfulness sessions. In time this practice will become send nature and you will greatly improve your life and wellbeing.

#### **Exercise 5: Seek Support**

Name 4 people or even venues (like online forums) where you can turn to for support.			
For each plan what you will get out of this, consider that some people offer different support.			
For example, Sally may be a great listener, while Mom is always happy to help with the kids			


#### **Exercise 6: Explore Possible Outcomes**

The fear of the unknown can drive you to worry, become anxious, and even lead to panic, write				
about your fears				

18

Brainstorm potential outcomes of the current situation

From the outcomes above, mark each with P for probable, M for maybe and H highly
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#### **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

#### **Exercise 8: Stress Reduction Measures**

Implementing practices that work to reduce stress also work to reduce anxiety, fear, and worry that accompanies the feeling of being out of control. Such measures can include things like meditation, yoga, listening to music, or aromatherapy. Be specific and include these items in your routine plan above.

What sources of stress can you eliminate?	

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What sources of stress can you reduce?	
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#### **Exercise 9: Eat Healthy**

Evaluate your diet, what is missing?	Healthy eating is a foundational element of staying well when you feel like you are out of control of your life.
	Evaluate your diet, what is missing?

# List healthy foods that you will add to maintain a high state of wellness. Consider whole food, fresh vegetables, fruit and lean meats, plant proteins, like beans, and nuts and healthy fats like avocado and olive oil. Add soothing foods like chamomile tea. Add mood enhancing foods, like dark chocolate.

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#### **Exercise 10: Sleep Well**

Getting adequate amounts of rest is crucial to coping when you feel life is out of control. A lack of sleep can exacerbate feelings of stress and anxiety by robbing our minds of critical time to repair and renew. As a result, we can become more reactive, see impairments to our judgment, and experience heightened levels of stress and anxiety.

Evaluate your sleep? Are you having trouble sleeping?

#### Make a plan to promote better sleep

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Notes/Free Journaling			