

Grow your possibilities

5 Steps to Take Control

Sometimes it feels like life is out of our control, which can be overwhelming and cause anxiety. Try some of these small steps each day to take back some control and feel better.



- 1**
Connect with others
Reach out to those who make you feel good about yourself. You could go for a walk with someone who you haven't spoken to in a while or join a group to meet new people.
- 2**
Eat well
Healthy food gives us more energy and fuels our minds to think positively. Eat one extra portion of fruit or veg today, or try a new online recipe to cook something fresh.
- 3**
Make decisions
It's sometimes easy to let life pass by, waiting for the next thing to happen. Take control by making a decision that will be helpful to your day, like applying for a job or cleaning a room.
- 4**
Exercise
Research has shown that exercise makes us happier and more confident. Taking one 30 minute walk could make a big difference to your day, or you could go for a swim or join a football team. You can control how much you do and get a sense of achievement.
- 5**
Gratitude journal
Grab a pen and paper (or a notebook if you've got one) and write down three things you are thankful for. Try to add one more thing to it every day. Seeing your list grow over time will help to boost your mood when you need it most.