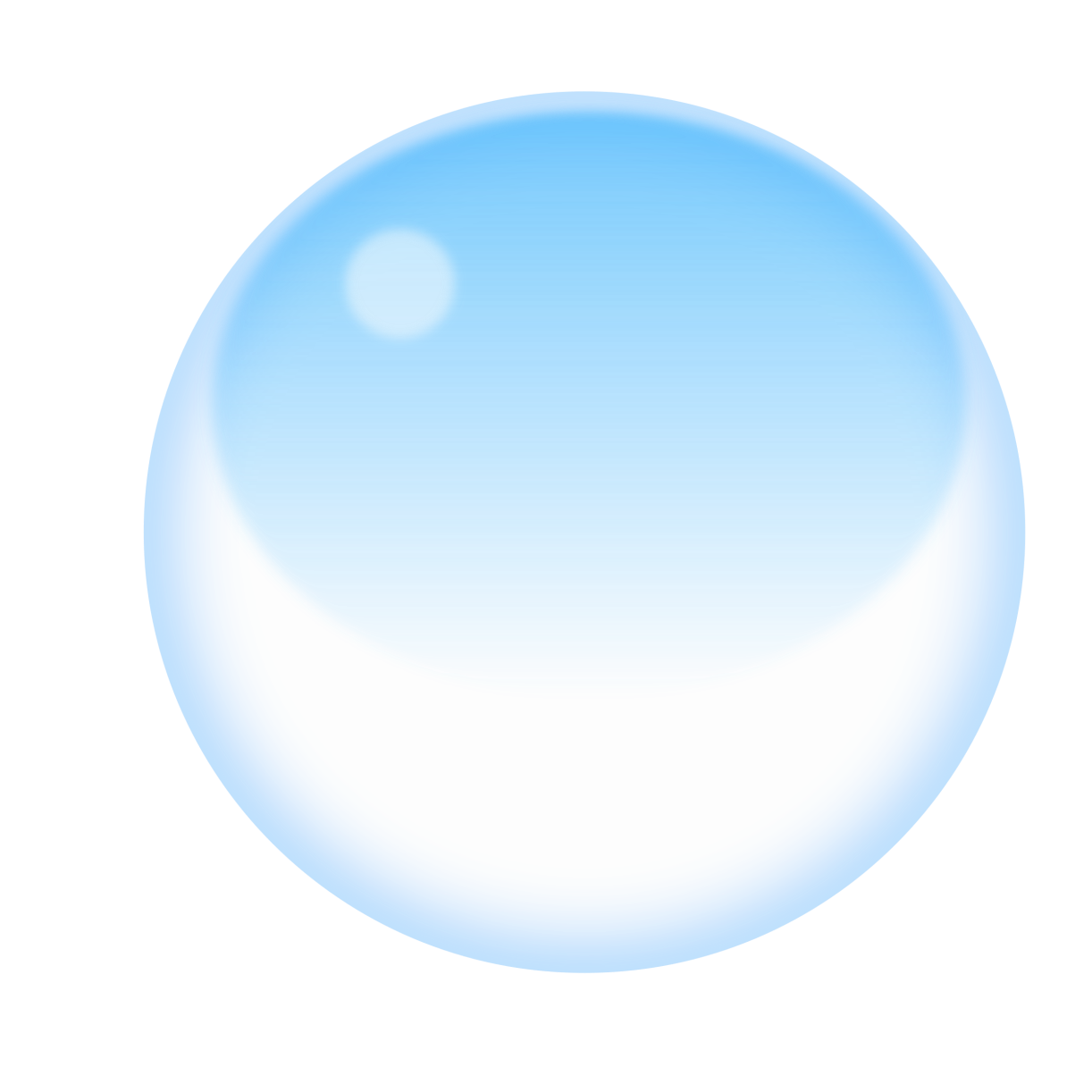
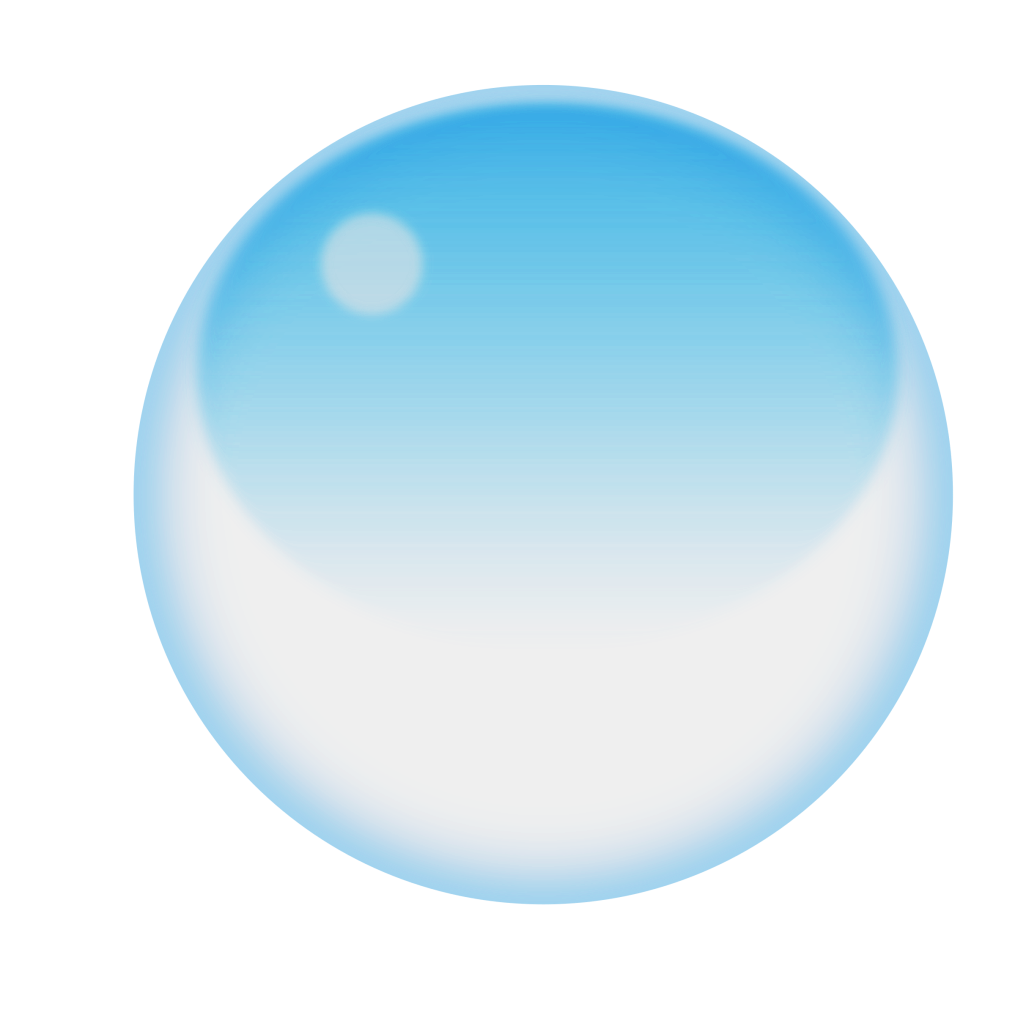
Feeling overwhelmed? Stressed? Anxious? It's as easy as A, B, C. Give yourself 10 minutes to complete this short and simple exercise and take back control. Turn over for instructions.



## **EVERYTHING ELSE…**



## **WITHIN MY CONTROL**

## **I CAN INFLUENCE**

## **EVERYTHING ELSE…**