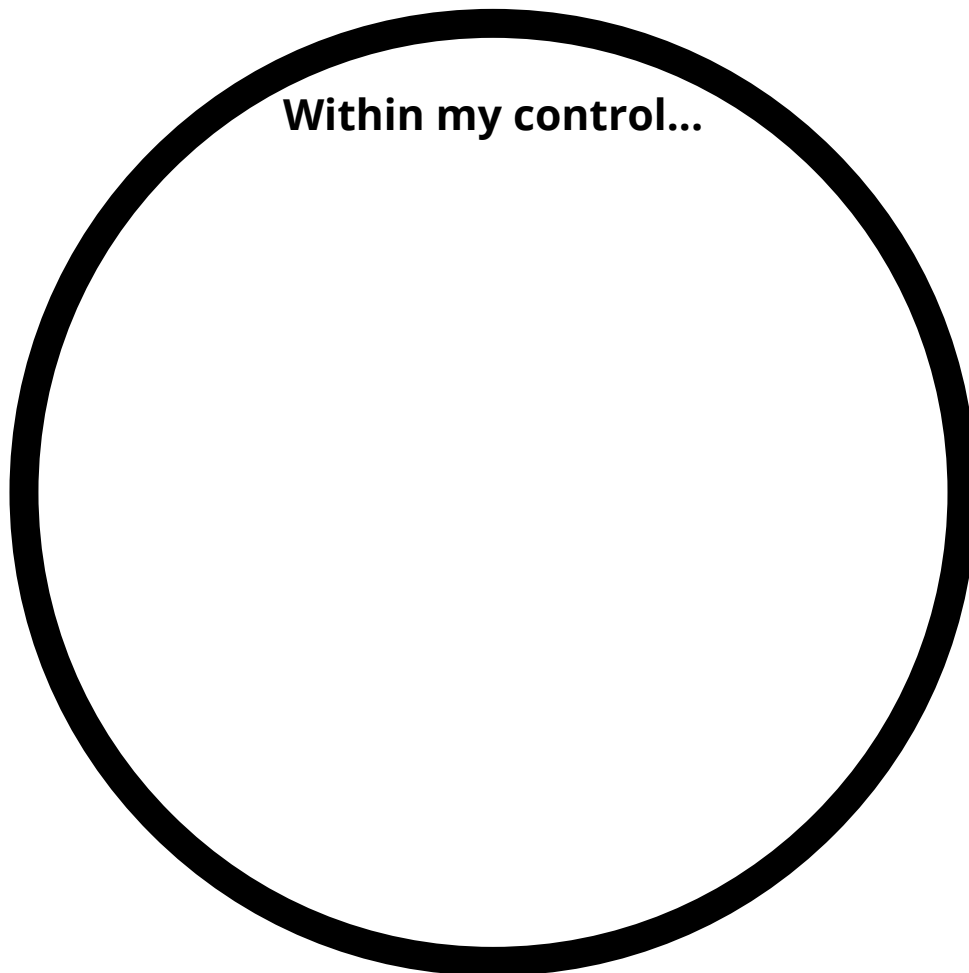




# Feeling in Control

It can be overwhelming when there is a lot going on in the world. During these times it can be challenging to focus on what we can control in our day to day lives. Writing down what is in and out of our control can help create a clear divide in what we can influence.

## Outside of my control...



This program is funded by the Adelaide Primary Health Network - an Australian Government Initiative

**LETSS**  
**Lived Experience Telephone Support Service**  
**1800 013 755**  
**Webchat: [letss.org.au](https://letss.org.au)**