

Be a Youth First Family

*Resources from Youth First Social Workers and Programs
for parents and caregivers to use in the home.*

High School Teens

Focus on What You Can Control

Often times our anxiety and thoughts can take over and make us feel like we don't have much control. One way to combat this is to focus on what we can control. However, it can sometimes be a struggle to identify these things when we are feeling anxious.

Identify and write out some things that you CAN control. Keep them in a jar and when your emotions feel out of control, pull one out to complete the activity, reflect, or even journal about the topic.

Here is a list of examples you can use or help guide you to create your own.

Things I CAN control:

Keeping my word

How I talk to myself

When and if I forgive others

How truthful and honest I am

When I take mindful breaths

The goals I set for myself

When I need and break (and actually take one)

Treating others with kindness

How much effort I put into things

When I ask for help



About Youth First, Inc.:

Youth First's mission is to strengthen youth and families through evidence-based programs that prevent substance abuse, promote healthy behaviors, and maximize student success. Youth First partners with 81 schools across 10 counties to provide 60 Master's level social workers who assess needs, develop and implement prevention plans, and connect students and their families to community resources. Youth First also offers afterschool programs involving parents and caregivers to strengthen families. For more information about Youth First, please visit youthfirstinc.org or call 812-421-8336.

Be a Youth First Family

*Resources from Youth First Social Workers and Programs
for parents and caregivers to use in the home.*

High School Teens

Focus on What You Can Control (continued)

Things I CAN control (continued):

How I respond to challenges

Reminding myself I am enough and worthy

How I take care of my body

