



*Active Life-Skill Instruction and Vocational Exploration*

You can take steps to avoid these dangers but sometimes they are out of your control. Instead of worrying, you can do something about them. It's smarter to spend your time and energy on things you can do something about. Choose your worries carefully. Let go of those worries beyond your control!

Other tips for Controlling Worry:

- Understand worrying is a natural response to a possible threat
- Recognize most things you worry about will never happen
- Take care of yourself. This is very important.
- Develop confidence in your own ability to handle problems.
- Talk to someone you trust
- Learn to be your own best friend
- Make quiet time
- Practice relaxing
- Don't try to be perfect
- Be patient
- Laugh

What makes you happy is doing the best you can and worrying as little as possible, no matter where you live, how much money you have, how many friends you have, or how smart you are.