

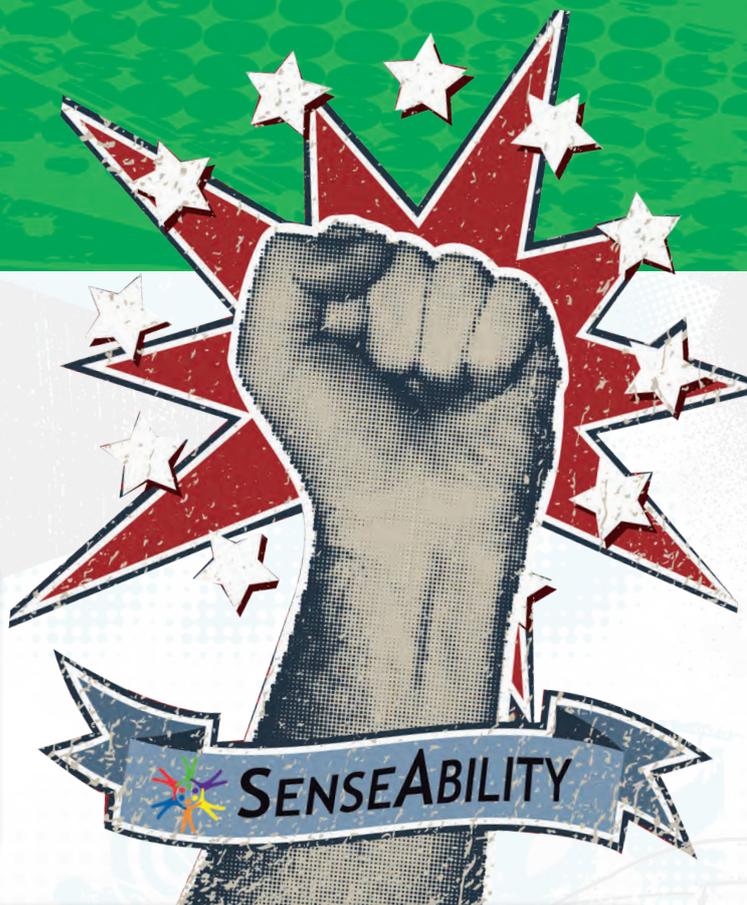
Sense of Control

What is it?

The belief you have the skills and ability to cope with changes and challenges.

Why is Having a Sense of Control So Important?

- It helps us curb impulsive responses.
- It helps us not to feel frustrated, angry, or overwhelmed.
- It helps us manage negative reactions like stress/anxiety.



Is Stress that Bad?

- For short periods of time, a small amount of stress can often help us perform better.
- Excessive, long-term stress can be physically and mentally harmful.
- Remember we cannot always control events, but we can take steps to control our reactions to events.

Ways to Feel More in Control

- Think helpfully and realistically.
- Learn time-management skills to stay on top of foreseeable events.
- Learn stress reduction and management techniques, like relaxation exercises.
- Speak to yourself helpfully, and challenge unhelpful self-talk.



What if I'm Struggling with My Sense of Control?

Lots of people experience times in their lives when things seem overwhelming and beyond control. In those situations, it can be very helpful to speak with someone. Friends, family, trusted adults, and medical professionals are good people to start with. But also think about:

WEBSITES

www.youthbeyondblue.com
www.lifeline.org.au
www.sane.org
www.reachout.com
www.headspace.org.au
www.inspire.org.au

HELPLINES

Youthbeyondblue: 1300 22 4636
Kids Helpline: 1800 55 1800
Lifeline: 13 11 14
Sane Australia: 1800 18 7263

ONLINE COUNSELLING

www.kidshelp.com.au



SENSEABILITY