

# STRESS

## The Ball Is in Your Court

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**S**tress can be related to the amount of control you feel over a situation, event, interaction, thought or feeling. Since we can't change things that are out of our control, it's best to focus on what is in our control.

### Examples of areas outside of your control:

- How people respond to you.
- Other people's feelings.

### Focusing on areas outside of your control results in:

- Feeling hopeless.
- Feeling anxious.
- Feeling STRESSED.

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### Examples of what is in your control:

- Your ability to prioritize work requirements and personal obligations.
- Your reactions to events and other people.
- Your thoughts.
- Your behavior.

### Focusing on areas in your control results in:

- Feeling empowered.
- Feeling relief.

