



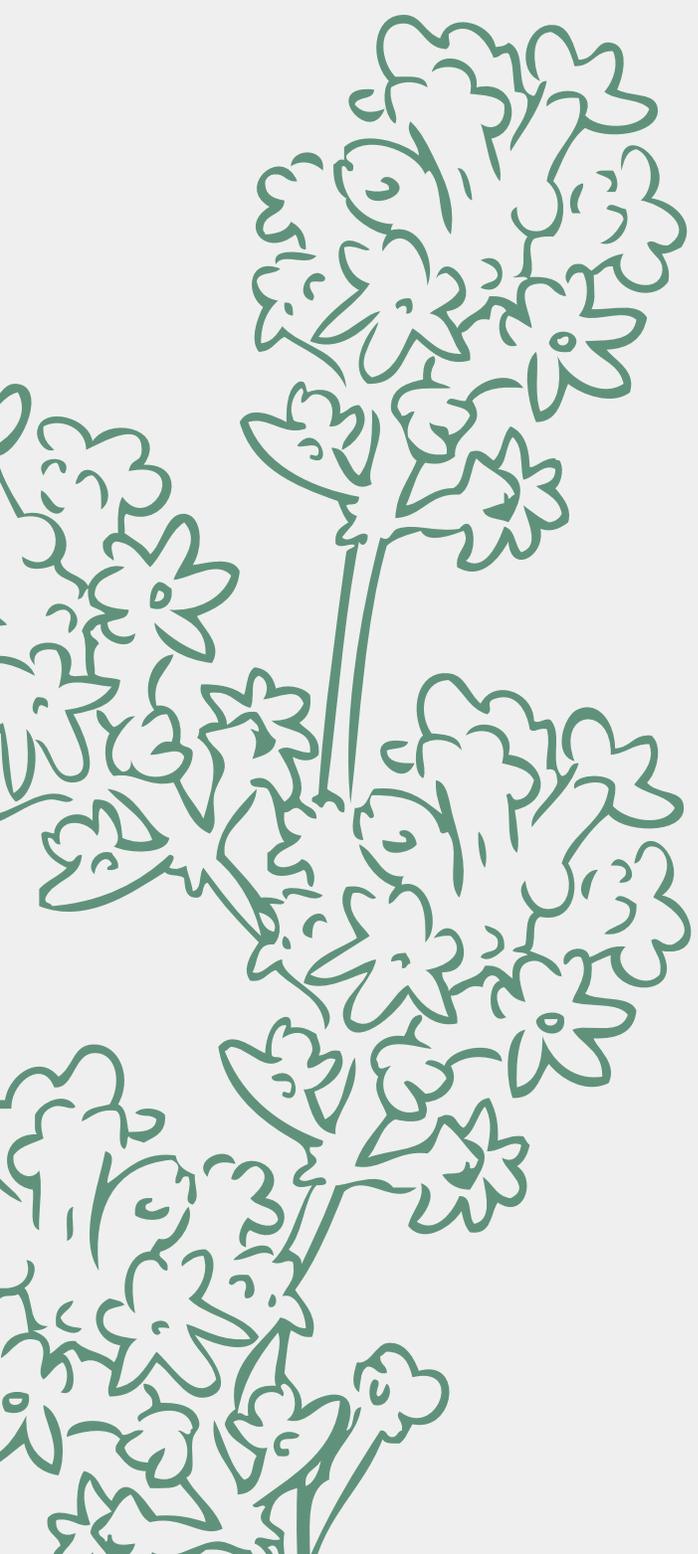
COPING WITH ANXIETY WITHOUT FOOD



REGAINING A
SENSE OF
CONTROL

"You may not control all the events that happen to you, but you can decide not to be reduced by them."

- MAYA ANGELOU



WHY DO I FEEL SO ANXIOUS?

Situations that feel both unpredictable & uncontrollable create the highest levels of stress and anxiety for most people. To reduce your anxiety and stress, you must learn to differentiate the things you can control from those you cannot. Then, you can appropriately use your energy to change the things in your sphere of control. The following exercise is designed to help you regain a sense of control during stressful times. Either complete it in this document, or take notes elsewhere. Just be sure to write your answers out.

CANNOT

CAN

Thought exercise

1. In the red circle, list the things you know you cannot control. Examples may include the weather outdoors or time passing.
2. In the green circle, list the things you know you can control. Examples may include your own behavior or your own reactions to others.
3. In the yellow circle, list the things you wish you could control, even though it is not realistic that you could. Examples may include how a loved one behaves or even something from your red circle list.

WISH



HOW CAN I FEEL LESS ANXIOUS?

Now you can see what you have known all along. You simply cannot control everything and no amount of worry is going to change that. And now you also know that there are things you wish you could control (but can't).

These are the areas that tend to increase your anxiety the most and may even cause you to feel helpless or hopeless.

Using food to cope with anxiety is of limited use. While it may help in the short term, over the long haul, it often becomes a source of anxiety all on its own.

Knowing is different than accepting. You must learn to accept that there are things you cannot control. There are risks you cannot eliminate. And there are outcomes you cannot predict. But there also are many things you can control, risks you can minimize, and outcomes you can influence. Learning the difference and spending your limited energy, focus and time on those within your sphere of control is an integral part to managing your anxiety.



When we are no longer able to change a situation, we are challenged to change ourselves.
- Viktor Frankl