## Teacher Wellness PROGRAM

## THE TWP ANXIETY WORKSHEET

Name

Date

"Freedom and happiness are won by disregarding things that lie beyond our control."

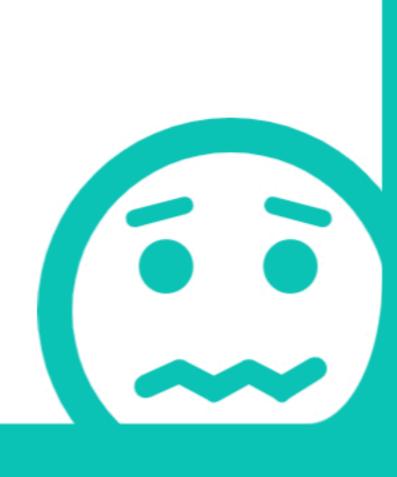
Epictetus

What do I feel anxious about?

Why do I feel anxious about this?



WHAT ACTIONS DO THE THINGS OUTSIDE MY CONTROL INVITE ME TO DO?





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## THE TWP ANXIETY WORKSHEET

"You have power over your mind, not outside events. Realize this and you will find strength." Marcus Aurelius

Based on the things you can	From the actions evoked by what
control create a to-do list.	you cannot control, write the contrary
	actions and perform them.
My mantra:	My distractors:
My affirmation:	
lam	