

# The Clutter in my Mind

Use this space to write down all of the "clutter" in your mind. Get it out of your head and onto paper. Next, circle the things you have control over.

Pick one of the things you circled. What are some steps you can take to address this matter to relieve your anxiety?



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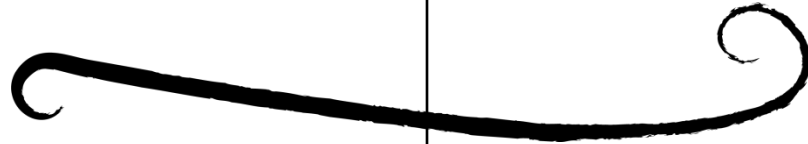
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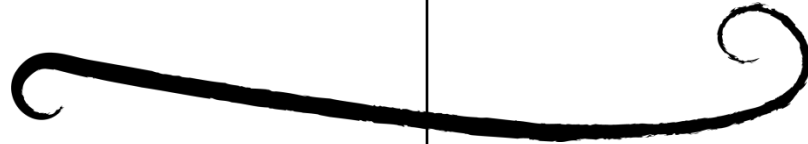
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# Credits



Kelly Benefield

-Thank you for the frames



Creating4 the Classroom

-Thank you for the arrows

Paula Kim Studio

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-Thank you for the clipart!



Busy Bee Studio

-Thank you for the flower!