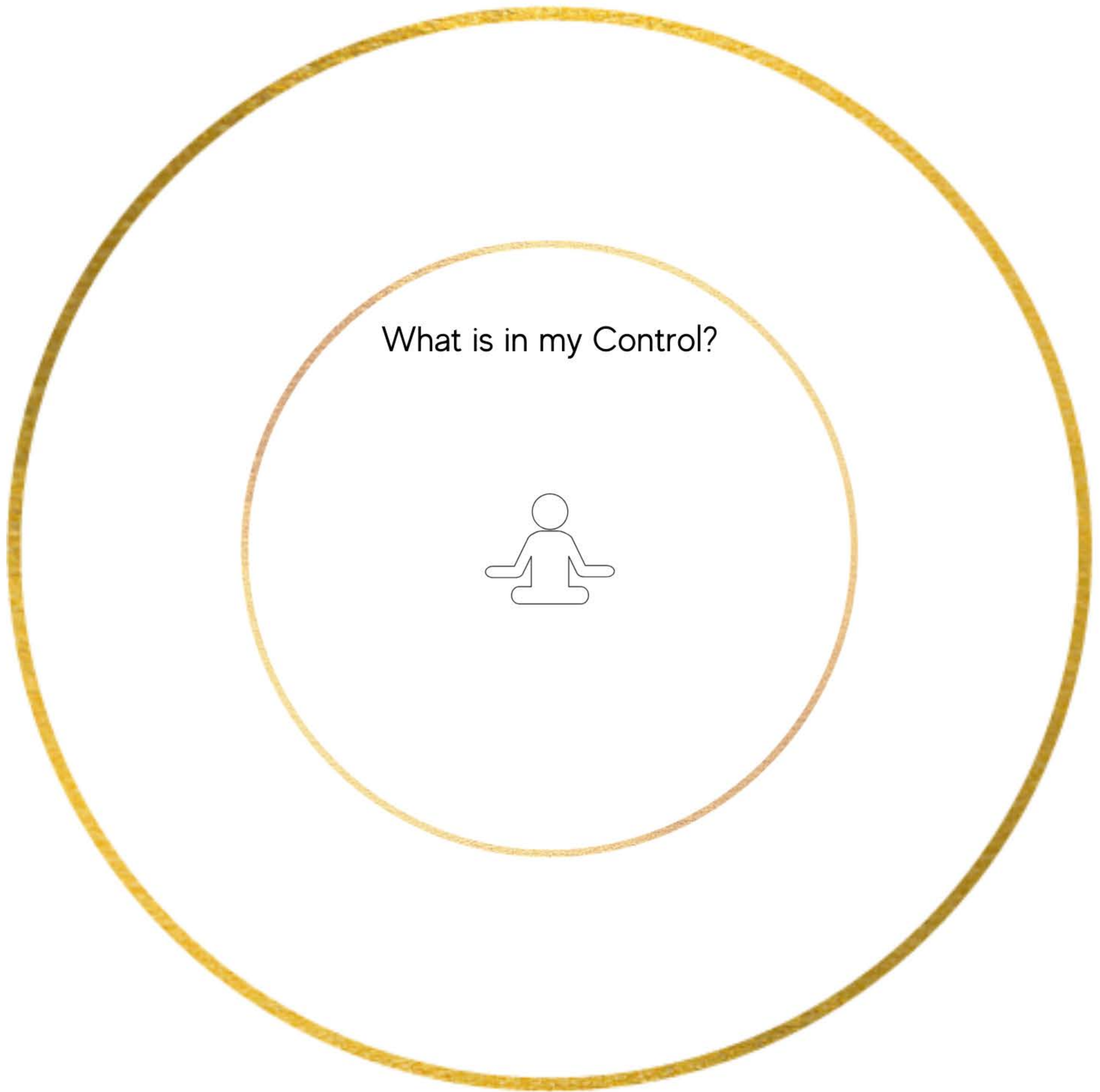


What is outside of my control?



Things to consider:

Feelings, Thoughts, Other people, Situations, Ways to cope, Sleep, How much you move your body, The food you eat, Alcohol consumption, Where you go?, Who you talk to?, What you are telling yourself?, What you consume in media?