



The **NAN** Project

Saving Lives and Healing Families

NANNER VIRTUAL HANGOUT

“In My Control”

CHECK IN

- How is your mood today, on a scale 1-10?
- What is a show, movie, or book you turn to when you need a laugh?



"OUR ANXIETY DOES NOT
COME FROM THINKING
ABOUT THE FUTURE, BUT
FROM WANTING TO
CONTROL IT." -KAHLIL GIBRAN



TRACE YOUR HAND

- There should be room to write inside and outside the outline.
- Or, make a list with two columns.

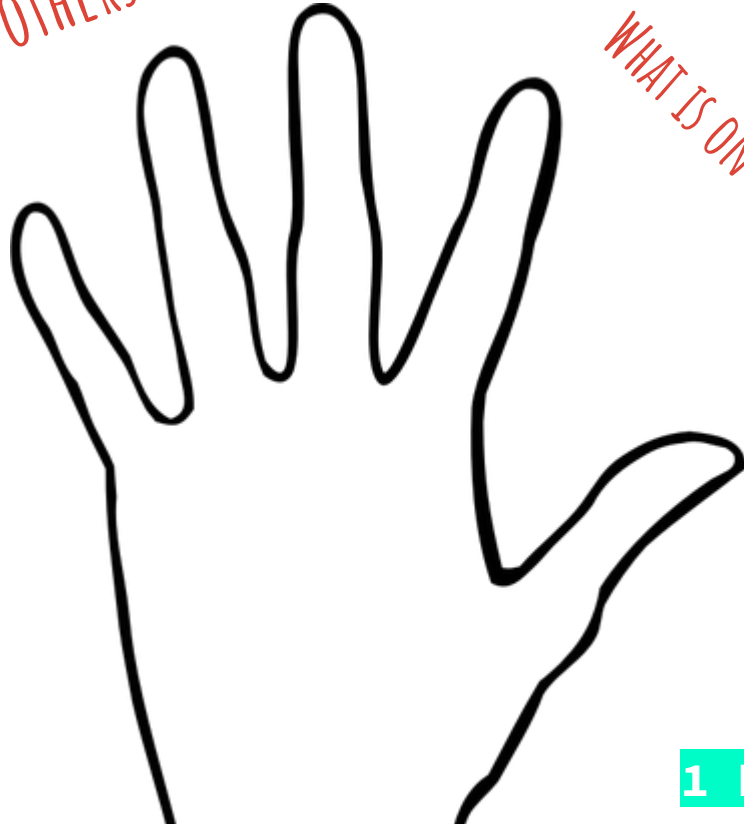


OUT OF MY CONTROL

- Write up to 3 things on the outside of your hand that are outside of your control that you might find yourself worried about on a day to day basis.
- Tip: Keep it broad!

HOW OTHERS ACT

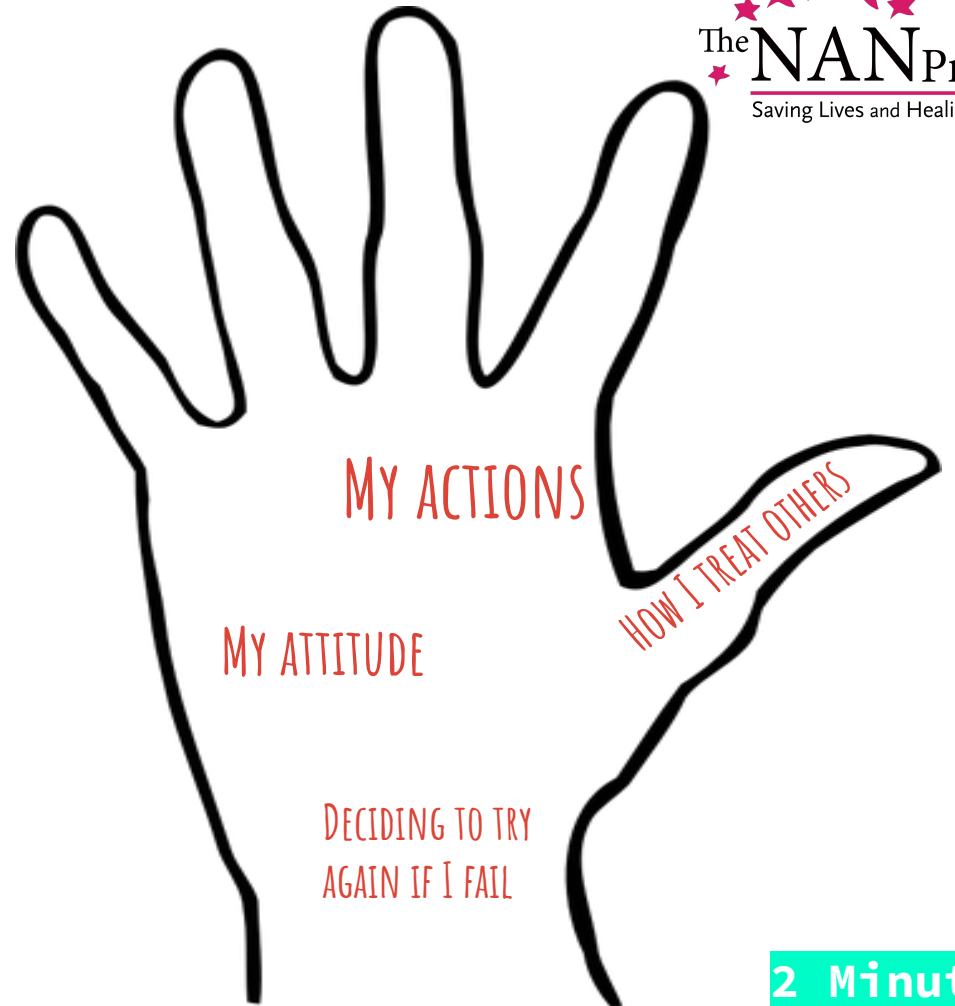
WHAT IS ON THE NEWS TODAY



1 Minute

IN MY CONTROL

- Write down at least 5 areas of your life you can control, choices you can make, or an effect you can have.



2 Minutes

SMALL GROUPS

- In your small groups, create one way to answer something outside your control with something inside your control.
- **Example,**

Out of My Control: Right now, I have to take online classes if I want to pass high school.

In My Control: I can control what I wear (comfiest sweatpants available), the music I listen to while studying, and when I take short breaks.

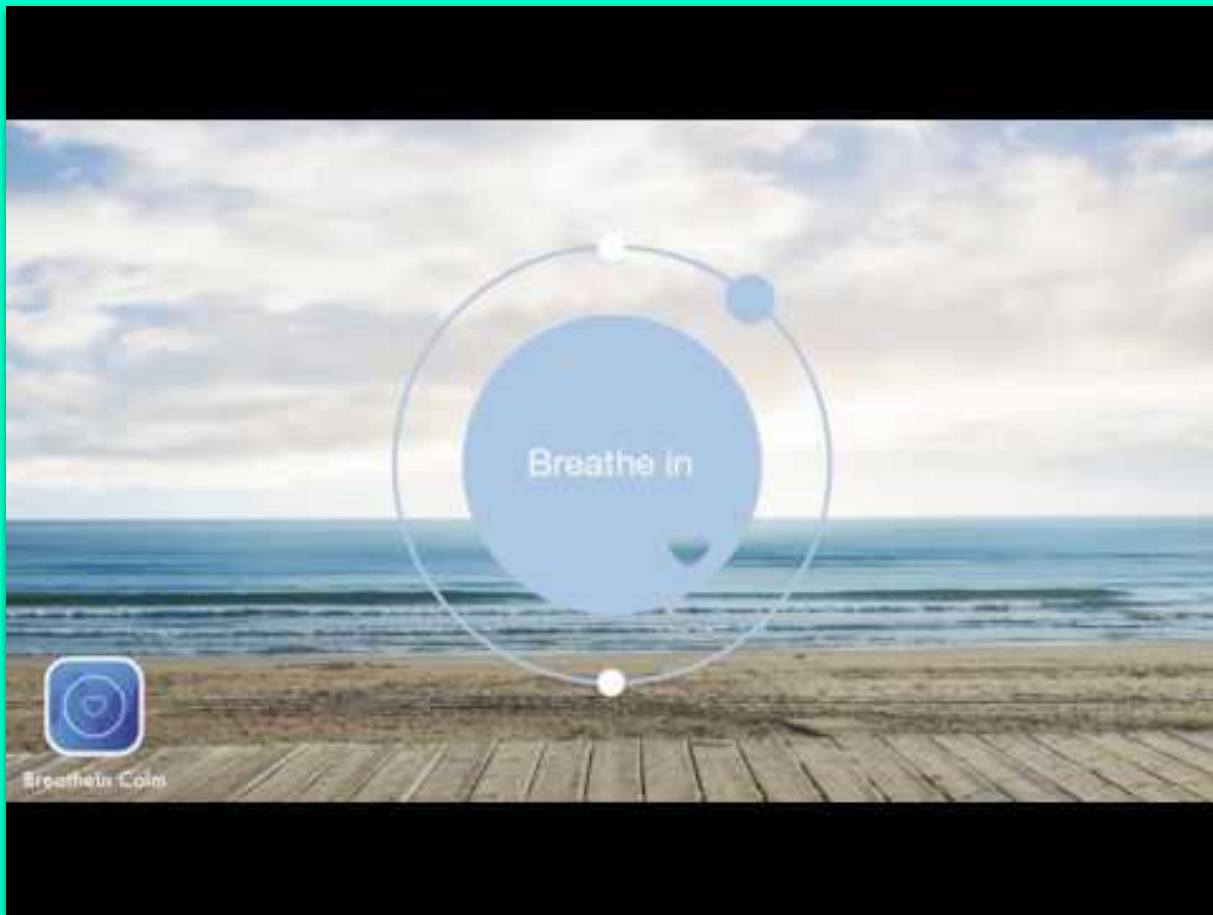
CREATING AFFIRMATIONS

Affirmations: are positive, encouraging, and empowering thoughts meant to disrupt negative patterns of thinking.

“I am...”

“I will...”

“I can...”



Breathe In



Breathe In Calm

CHECK OUT

- How is your mood now, on a scale 1-10?
- Share an affirmation, or a time during your day you might use an affirmation.



THANK YOU FOR JOINING US TODAY.

FOR MORE RESOURCES CHECK OUT
[THENANPROJECT.ORG/COVID-19-RESOURCES](https://thenanproject.org/covid-19-resources)