

Your Emotional Support Toolkit

College applications can be stressful!

Here are five activities designed to help you cope.

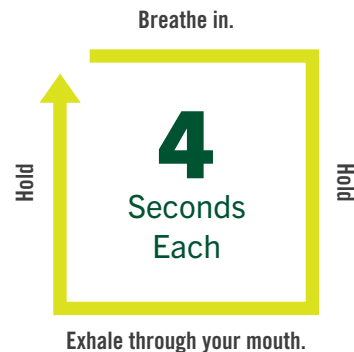
1. ASSEMBLE YOUR SUPPORT TEAM

Write down the names and numbers of three to five people you trust to be on your emotional support team: friends, parents, teachers, etc. If your school has a guidance counselor or therapist, they'd also be a great choice!

Emotional Support Team:

2. TRY BOX BREATHING

This breathing exercise can help you invite calm into your body.



3. KNOW YOUR SPHERE OF INFLUENCE

Think of life as having three “spheres”:

1. Things you CANNOT control. (e.g., the economy, life and death, your past decisions)
2. Things you can INFLUENCE. (e.g., other people's decisions somewhat, your relationships, your health)
3. Things you CAN control. (e.g., your decisions, thoughts, values, emotions)

You CANNOT control when your application is due. You can INFLUENCE the admissions decision by submitting the best application possible. You CAN control how you react to the outcome by taking ownership of your thoughts and emotions.



In the area below, write down an issue you're struggling with. Write what you can control, what you can't control, and what you can influence.

Issue:

Things Outside Your Control:

Things You Can Influence:

Things You Can Control:

4. PRACTICE A GROUNDING EXERCISE

To ground yourself in the present moment, try to focus on your five senses. Identify:

5 Things You See

4 Things You Hear

3 Things You Touch

2 Things You Smell

1 Thing You Taste

5. CATCH, CHALLENGE, AND CHANGE UNHEALTHY THOUGHTS

It's easy to get stuck in a negative thought spiral. Try this to break the loop:

1. Catch the negative thought. I thought that I'm not worthy because I didn't get into my dream school.
 2. Challenge the thought: Is it accurate? Does anything back it up? What would you tell your best friend if they had this thought about themselves? I'd tell them that their worth isn't tied to their college admission.
 3. Change the thought. It's okay to be disappointed, but I have many other paths to college.
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