

# SERENITY STRESS TOOL



Grant me the **Serenity** to accept the things I cannot change:

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The **Courage** to change the things I can:

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And the **Wisdom** to know the difference!

# CAROL'S SERENITY IN THE MOMENT TOOL!

When something stressful happens, ask yourself the following question:

Can I do anything about it  
***RIGHT NOW?***

If yes – *Do what you can!*

If no – ***Let it go!***

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\*\* Until you get to the point where you can actually do this in your head, write down the thing or things you ***cannot do anything about*** below. Then rip this paper in half on the dotted line and destroy the half you have written on!