

What Am I Carrying?

Not everything weighing on you requires the same response.

Five-minute reset: Write down the three things taking the most space in your head. Sort each one. Then identify one reasonable next step where appropriate. The goal is clarity—not solving everything.

WHAT I AM CARRYING	MINE TO ACT ON	MINE TO SHARE	NOT MINE TO CONTROL
1.	[]	[]	[]
2.	[]	[]	[]
3.	[]	[]	[]

IF IT IS MINE TO ACT ON

What is the next reasonable action—not every possible action?

IF IT IS MINE TO SHARE

Who or what system needs to be involved so I am not carrying this alone?

IF IT IS NOT MINE TO CONTROL

What would putting down some of the responsibility look like while still caring?

FINAL REFLECTION

What is taking up the most emotional space for me—and does it actually belong entirely to me?

Remember: “Not mine to control” does not mean “I do not care.” Caring does not create control.

This is an educator reflection/support tool, not counseling or mental-health treatment.

[Be a Funky Teacher - Teacher Toolbox](#)