

Get to Know the Circles of Control!

ASK YOURSELF: WHAT CONTROL DO I HAVE IN THIS MOMENT?

In life there are either things we CAN or we CAN'T control!

When we recognize that we are feeling worry in our thoughts or stress in our bodies, we can pause, and take a minute to be mindful of our circle of control. This tool helps us process our thoughts, feelings, and keeps us aware of the tools in our toolbelt to cope and handle different circles that can arise! Focusing on what we CAN control can empower us to move forward, and to decrease the effects/feelings of the circle of things we can't control.

What I CAN'T Control

Try not to focus on these things!

- Other people's feelings
- Other's reactions
- Other's words
- The weather
- What happens in the world
- Other people's fun/happiness
- The past

- My attitudes
- My choices
- My own fun/happiness
- My Thoughts
- My Reaction
- My Words
- Myself in the present

What I CAN Control

Focus on these to decrease stress/worry, and to empower you!