



*The circle of control is a concept that refers to the things in your life that you have the power to change or influence. It is a way of thinking about your life that helps you to focus on what is within your control and let go of things you can't control. This is a good exercise for you to undertake when you are feeling particularly overwhelmed.*

*Write down the things you have full control over (e.g. your attitude, your effort, your reactions, what time you go to bed, your water intake etc.). Then think about the things that you have some control over (e.g. your thoughts, your health, your income, the future etc.) and finally, the things you have no control over (e.g. politics, the past, the weather, flight cancellations, other people's opinions of you, other people's actions and words etc.). If you can't control it, should you spend so much time worrying about it?*

