

## LOOKING AFTER YOUR WELL-BEING

### Circle of Control

Life can be a roll coaster and there will be times where we might feel as though everything is spiralling out of control. However, during these times it might help to *think about the things we DO have control of.*

Have a go at creating your own circle of control. Focus on the things you CAN control and practice accepting and letting go of the things you can't.

### “THINGS I HAVE CONTROL OF”



### THINGS THAT I CANNOT CONTROL (And that's ok)

- What other people think of me, What other people do.
- Other people's choices, Things from the past , How other people feel.
- The weather.
- Crisis - like the coronavirus