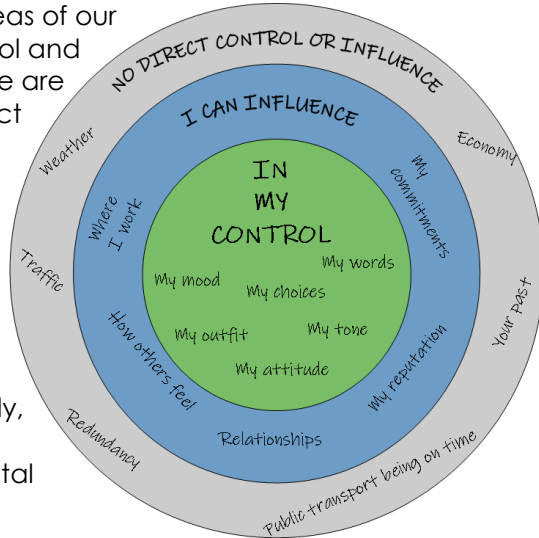


How do I focus on what matters to me?

Circles of Control. Most of us have areas of our lives in which we have personal control and influence over, but unfortunately there are other areas in which we have no direct control, and this can cause us real worry and anxiety.

Because of this, it's important to focus our time and energy on those things we **CAN** control. This helps to avoid wasting time and energy on things beyond our control, which can affect our mood negatively, but rather, focus on what we **CAN** control which then increases our mental wellbeing. #ControlTheControllables



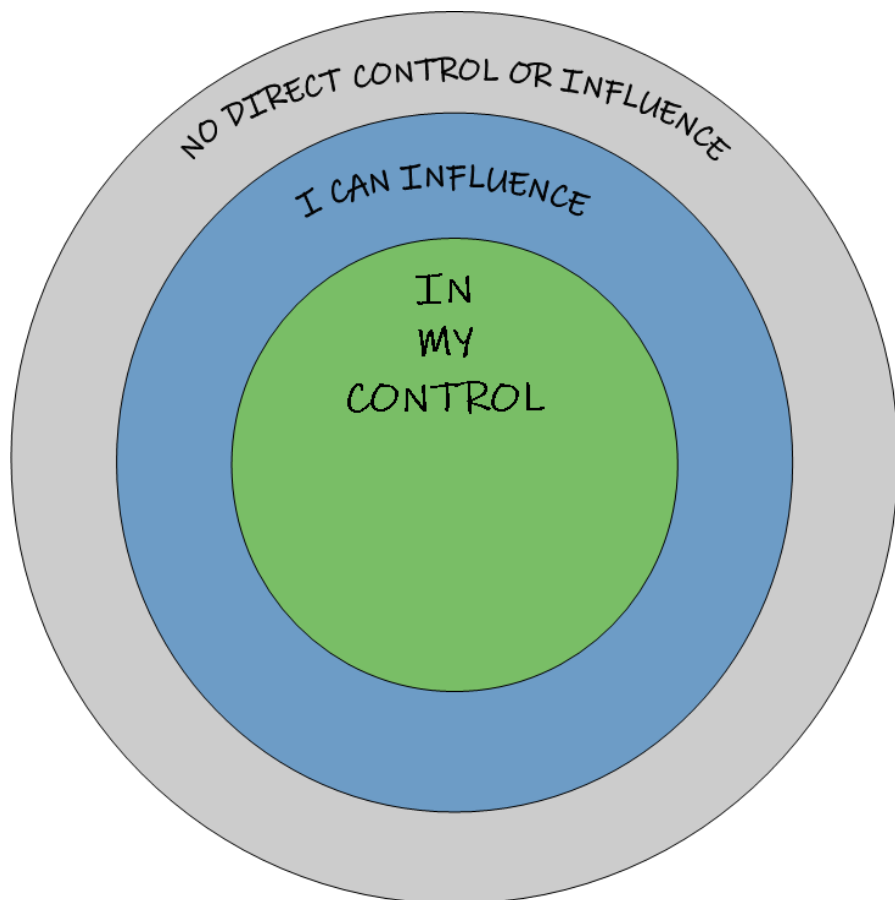
In My Control Circle - Recognising how important our own decisions are in our lives, and how they influence our family, friends and daily routines is vital. So, when we take control through our decision making, and choose carefully where we spend our time and energy, we will increase our circle of control and therefore our mental wellbeing.

Things I Can Influence Circle - Increasing our mental wellbeing can happen when we focus our time and energy on areas in our lives we can influence. We will feel better if our time is spent on areas where we can make a difference.

No Control/Influence Circle - When we use our time and energy on issues we have no control over, we steal time from the things we do have control over. This can also be exhausting and further impact our mental wellbeing. Taking time to think about how we spend our time and energy can help us refocus how we use it to better support our own mental wellbeing.

Draw your own

1. In the outer grey ring list those things that you are concerned about but can't control or influence.
2. In the blue circle list those things you are concerned about, and you can influence.
3. In the centre list those things you have control over right now.



*"You may not control all the events
that happen to you, but you can
decide not to be reduced by them." –
Maya Angelou*