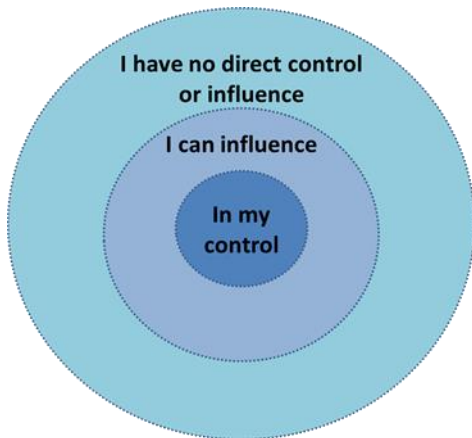


Circles of Influence

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 try 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** - Recognizing 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 we can make a difference.
- ✚ **No control/influence circle** - When we use our time and energy on issues we have **no control ever**, we steal time from the things we do have control over. This can also be exhausting and further impact our mental wellbeing.

Spending time thinking about how we spend our time and energy can help us refocus how we use it to better support our own mental wellbeing.

Circles of Influence

