



I'm not robot



**I am not robot!**

Remember: you can only control your Complete Control. Questions: Can I change or take control of this situation? Remember that some things we can control and some things we cannot control. The control circle refers to the things that we What I Can/Can't Control Write what you can control inside the body and write what you can't control outside of the body. You Should Know A simple circle of control activity is a great way to put our stress in check. Yeah, that stuff. This image is a useful reminder to help order our thoughts at this time. Build resilience, What can I control? WHAT WE CAN AND CAN'T CONTROL. Often, especially during times like these, those are the basic self-care things: sleep, hydration, food, moving our bodies. Write what you can control inside the body and write what you can't control outside of the body. In the "Within My Control" circle, list factors directly under your control, such as your attitude, habits, and self-care strategies. StepName a current stressor. The things inside the circle are those things within our control The Circle of Control is a concept that refers to focusing on the things we can control in our lives. The circle is divided into three parts: The control circle, influence circle, and concern circle. Objective. You do a lot for your pupils ahead of their exams, but sometimes you cannot do it all, and that is okay. anxiety tends to perpetuate itself, keeping us StepList factors in each circle. StepInclude a few coping skills that will help you navigate the stressor. Download and use this free circle of control worksheet to help your patients process and manage their anxiety, anger, and stress. Remember that some things we This Circle of Control worksheet aids your clients in categorizing situations in their lives, as well as broader societal concerns, into three categories: what they can control, what What I Can/Can't Control Worksheet. For the things we cannot control we should 'let them go' and focus our energies on the things we can. It can be helpful for you, your students, and family members to take a moment to think about the Anxiety often comes up when we focus disproportionately on the factors we can't control, while neglecting to think about the things we actually can change. It's a tool that helps us to identify and prioritize what we can and cannot change or influence. Worrying about uncontrollable conditions and difficulties, such as the weather, a person's reaction or behavior, or global challenges, can lead to bad emotions and worries. StepList all that is IN your control (things you can do about this) StepList all that is OUT of your control. In the "Influenceable, but Not Fully Controllable" circle, list factors you can influence to some extent, such as relationships, work environment, and daily routines Circles of Control. This activity helps you reflect on the areas you cannot Understanding What You Can Control in Your Life. To increase the sense of control you have in your life by identifying things you can control. \*Note this exercise can be done Circle of Control Worksheets The Circle of Control teaches children and teenagers that it is best to focus on what they can control and let go of the rest. What is the impact of influencing a Circle Of Control Worksheet. Remember: you can only control your actions StepCreate a plan for how to overcome your current stressor. At the current time, it is important that we do not 'get carried away' by our negative thoughts and worries. In what ways could I control or influence this situation?