

Circles of Control

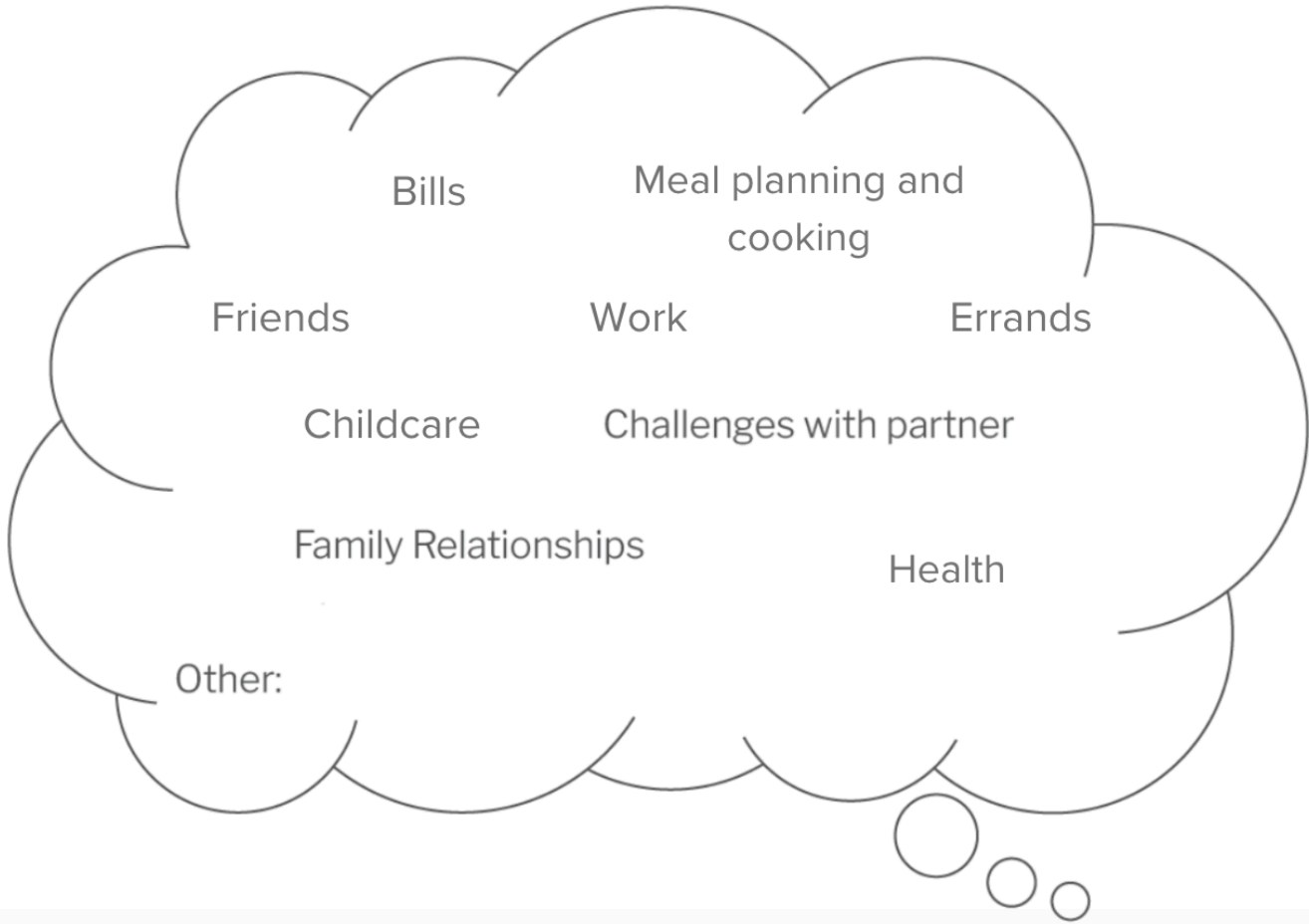
When to use this

This activity is designed to be used when you are feeling stressed, worried, or anxious. This tool can help you problem solve and manage challenges.

Directions

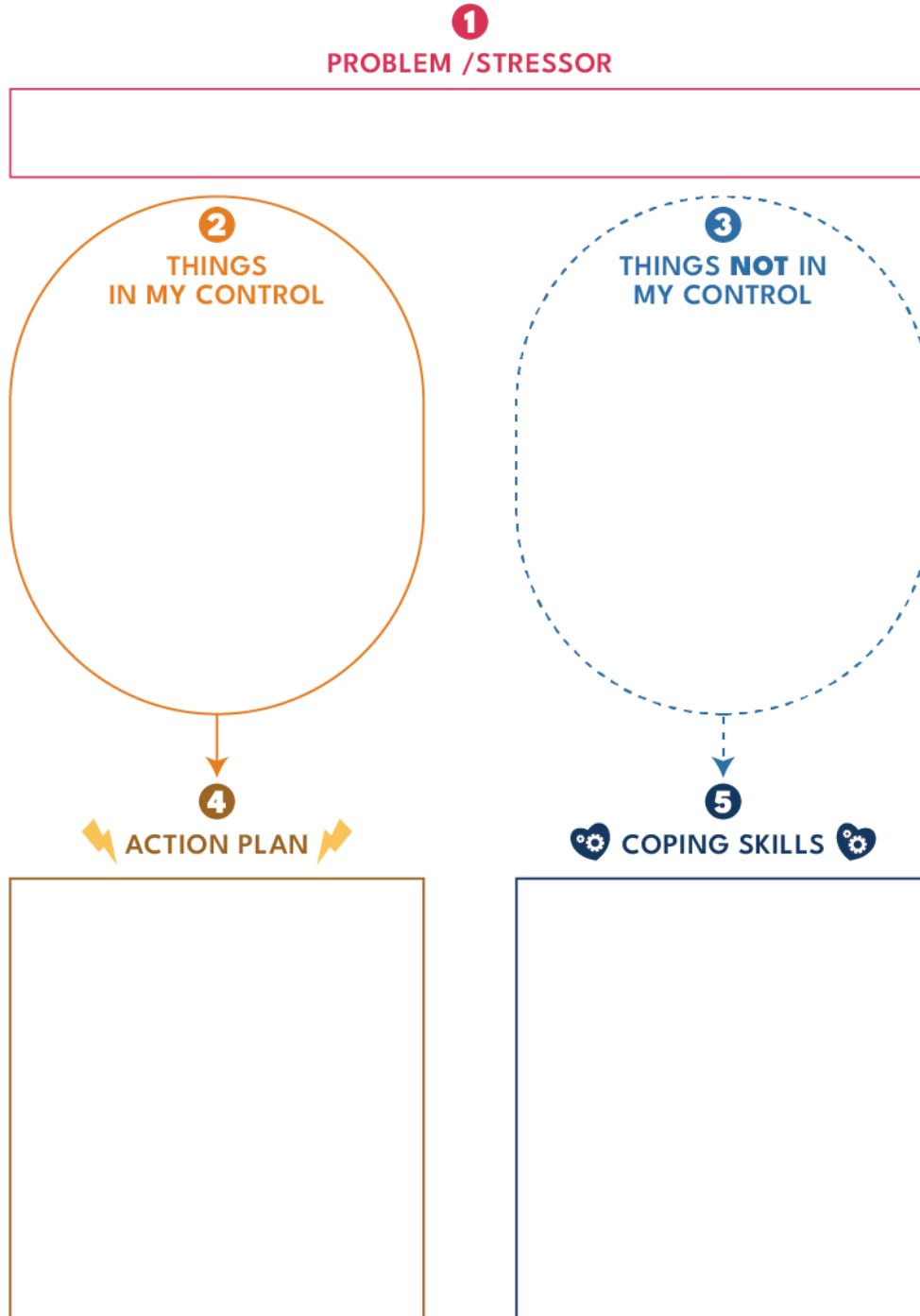
Circle or write what is causing you stress, worry, or anxiety below. Then, follow steps 1 - 5 (on the next page) by reflecting on and writing what is in your control, what is not in your control, your action plan, and coping skills that you can use. Coping skills are tools you can use to help you feel less stuck in intense emotions, including journaling, movement such as walking or biking, connecting with others, and more.

Circle or write your current stressors:



Circles of Control

- **Step 1:** Name a current stressor
- **Step 2:** List all that is IN your control (things you can do about this)
- **Step 3:** List all that is OUT of your control
- **Step 4:** Create a plan for how to overcome your current stressor
- **Step 5:** Include a few coping skills that will help you navigate the stressor



**Note this exercise can be done in any form, such as a list, or freeform on a blank sheet of paper. See the example on the next page for more support.*

1

PROBLEM /STRESSOR

My job is starting to notice my recent tardiness, but my mornings are tough with my teenager struggling to get out of bed and ready for school on time.

2

THINGS IN MY CONTROL

- My own night and morning routine
- My child's bedtime routine, rules, and consequences
- Who I share my situation with and who I ask for help

4

ACTION PLAN

- I will talk with my teenager about what is going on
- Create an earlier bedtime for my teenager
- Set an earlier alarm for myself AND for my teenager
- Establish a reward for my teen and myself for making it to school and work on time for a week straight

3

THINGS NOT IN MY CONTROL

- Teenager's attitude, behavior, or sleep habits
- Unexpected circumstances
- Work policies
- Work demands
- Traffic

5

COPING SKILLS

-  Journal about what I'm feeling
-  Talk to someone about what is going on
-  Engage in movement (take a brief 10-20 minute walk or jog)