



Living with Uncertainty: Circles of Control

circles of control

This exercise can help to get overwhelming thoughts under control as we often spend our time worrying about the things we have no control over. Identifying, writing down and visualising what we can and can't control helps us to rationalise and regulate our emotions leading to less stress, anxiety and negative thoughts, feeling and emotions.

Circles of Control

We can all identify with situations where we feel a loss of control whether that is in our professional lives, our relationships with what's going on in the wider world. These feelings can take over our thoughts and afford us little time to focus on anything else that is happening in our lives. This can lead to negative thoughts feelings and emotions. Often we just need to get these thought processes out of minds in order to feel some clarity. The following exercise can help us to take back some control.

- 1. Draw a circle on the centre of a page allowing enough room to write inside the circle.** This circle represents the things that 'you can control' in your current scenario, situation or specific area of worry.
- 2. Next draw a larger circle around your initial circle.** This circle represents all the things that 'you can't control'. You should now have a visual of all the things you can control in the centre and all the things you can't control in the outer circle.
- 3. Between the two circles.** You may also have some things that overlap between the two circles, things that you may have some control over that you can consider taking action on, or not

Please see our '**Living with Uncertainty: Daily Gratitude**' poster for our Daily Gratitude Exercise and its benefits during times of uncertainty. Similar activities can be found in our Open Ears Programme, please see www.griefuk.org/schools/#OpenEars for further information and to purchase these programmes for your school.



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