

Circle of Control

A circle of control is a way of looking at your life and identifying the things that you can change or influence. It can be a helpful tool for managing your mental health, as it can help you to focus on the things that you can change, and let go of the things that you can't.

Things that we can control might include our own thoughts, emotions, and behaviours. Things that we can't control might include other people's thoughts, emotions, and behaviours.

