

THE CIRCLE OF CONTROL

*Ngā mahi ka taea me mahi, ngā mahi tē taea me tuku.
Focus on what you can control and let go of what you can't.*

A great way to reduce stress is to focus on what you **can** control. This can stop you from feeling powerless and help you focus your energy on improving your wellbeing. Check out the circle of control:



ACTIVITY

THE CIRCLE OF CONTROL

Fill in the model with the things that are relevant in your life.
What **CAN** you control? What are the things that you can't control?

