



Circle of Control

This resource can be useful if you are feeling frustrated or worried, or if you're struggling to work through certain situations.

There are some things that are within our control and some that are not, in-between those lie things that we may be able to influence through our actions and behaviours, but not directly control.

It can be useful to establish the differences between these things in order to establish what you should focus on, and what you should try to let go of.



We're here. Isle Listen.

