

Control



“I don't harp on the negative because if you do, then there's no progression. There's no forward movement. You got to always look on the bright side of things, and we are in control. Like, you have control over the choices you make.”

- **Taraji P. Henson, American Actress**

Sometimes we find ourselves overwhelmed. This may be overwhelmed by tasks, emotions, work load, commitments, anxiety or something completely different. In these moments it is important to recognise what is within our control, and accept and release what is not. Have faith and trust in what will be. **Find balance, focus on what you can control and let go of what you can't.**

"If you look for the light you will often find it, if you look for the dark it is all you will ever see"

- **Uncle Iroh**

Shifting your focus onto what you can control can enable you to take back the power from your feelings of being overwhelmed. Once you have established what is within your control, **focus your energy on proactive solutions.** Ask yourself:

"What can I do to take control of this situation?"

"How can I make this situation benefit me?"

"How can I release and make peace with what I can't control?"

Circle of Control

On a piece of paper draw two circles, one small in the centre of your page and one large around this circle. In the inner circle write "things I can control" and the outer circle "things I can't control". Take a moment and write anything and everything that has become overwhelming for your mind. This can be sentences or just words. Allow all of your consuming emotions to be released onto the page.

Things I can't control

Things I can control