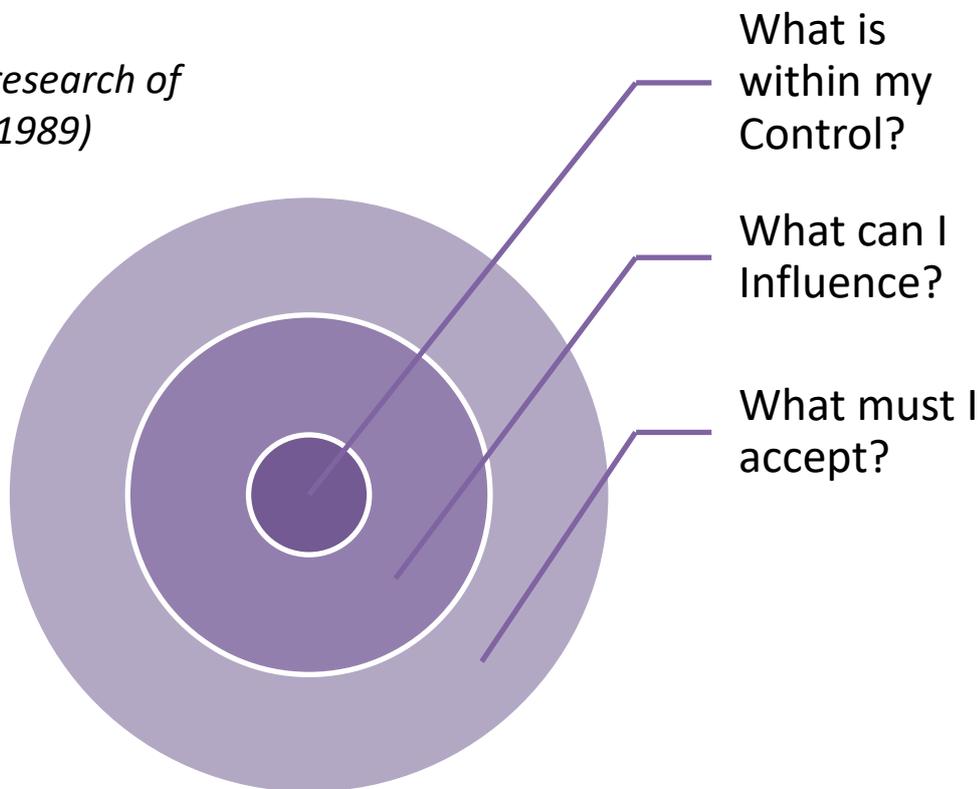


# FACT SHEET:

## Resilience – What is in My Control?

This is the **Circle of Control**.

*Taken from the research of Stephen Covey (1989)*



Each circle above represents to what extent, we can control/influence a certain event. During stressful or uncertain times, it can be very easy to focus on things outside of our control. This can lead to heightened stress, feelings of hopelessness and bring about faster burnout.

By **investing our energies** on things within **our control** and **learn to accept** what is beyond our control, we become more resilient, and the hardship we are facing becomes more manageable.

Practice **changing your outlook on events** outside of your control. Moving events from our circle of acceptance, into our circles of control/influence by turning them into achievable actions, **helps us manage the event more effectively**.

**Home, Community, Hospital.**

# FACT SHEET:

## Resilience – What is in My Control?

### How do I reframe my thoughts to bring things into my circle of control?

This is about looking at things from a different perspective. Identify a wider event you are concerned about, e.g. panic-buying – you cannot single handedly control this issue.

Identify a **practical step** you can make to combat the event in a small way, e.g. you can buy only what you need and not stockpile essential items. These are the things that are **within your control**.

Extend that step to others, how can you **influence others** to be mindful about panic-buying? E.g. raising awareness about the importance of not stockpiling, promoting supermarket guidelines about grocery shopping.

Be mindful of what you **cannot influence in others** also; where you can raise awareness of actions or promote something, you ultimately cannot control them to following this influence. These are things we must **accept**.

e.g.

*I cannot control the COVID-19 pandemic– I must accept this.*

*THIS TURNS INTO:*

*I can however, influence others by spreading the Government and NHS advice.*

*THIS TURNS INTO:*

*I can control the spread of COVID-19, by practicing proper handwashing and social distancing.*

The Circle of Control was developed by Stephen Covey, and more information surrounding his research and the evidence behind this model online.