

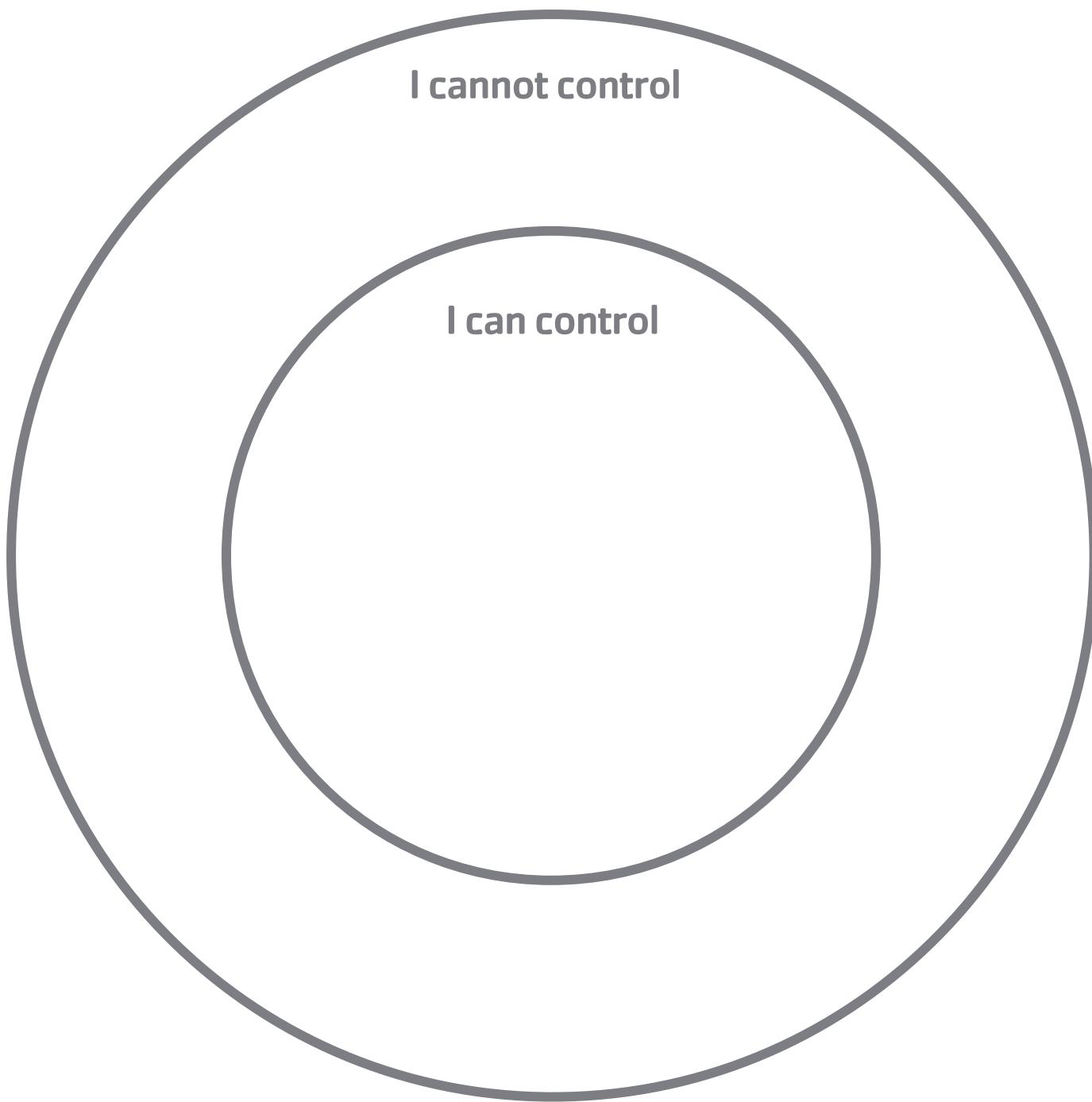
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YMCA

Circle of Control

Circle of Control is a helpful tool when stress or anxiety feel high. It helps us shift our focus to what we can control helps reduce overwhelm and builds a sense of calm and confidence. Letting go of what we cannot control also supports emotional regulation and resilience.

Use this worksheet to list the things in your life you can control and those you cannot. Practice focusing your energy on what is within your control, and gently release the rest.



For more resources check out
www.laxymca.org/mental-health