

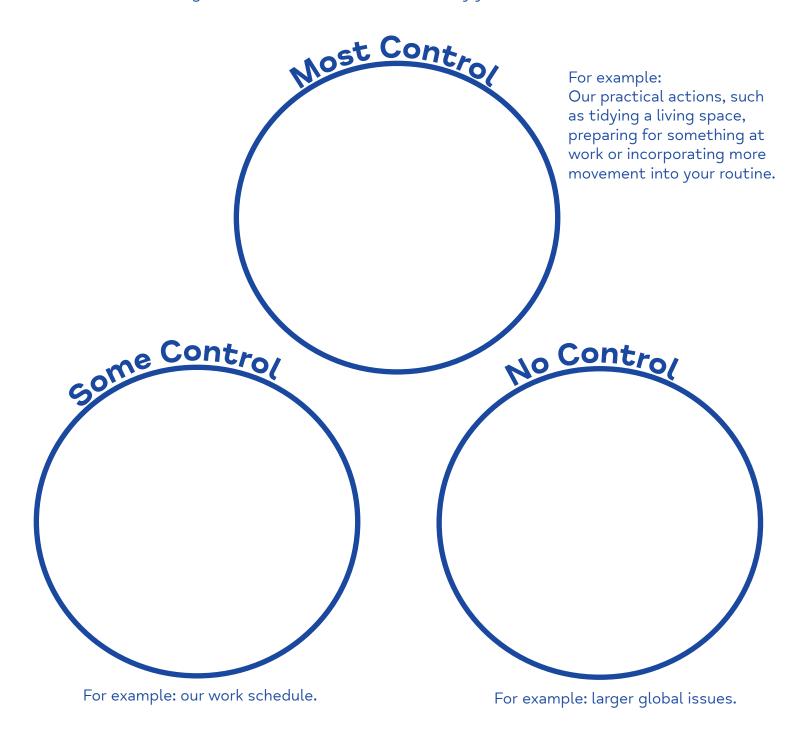
'Spheres of Influence'

Help managing uncertainty and feelings of overwhelm

Uncertainty is a normal and inevitable part of life. However, navigating uncertainty can be difficult and prolonged uncertainty can negatively affect our wellbeing.

When we are feeling stressed, anxious or overwhelmed, it can be helpful to look at what is within our conrol, and what is outside of our control.

Write in the circles things that can and can't be influenced by you.



This activity can be empowering and help us to understand what can be managed at this moment, rather than worry and uncertainty becomin overwhelming.