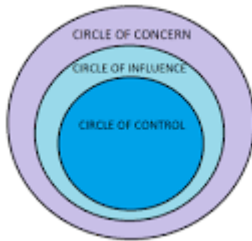


## Circles of Concern Template

There are 2 questions to complete for this task.



1. Using the example of COVID-19, brainstorm all the things that belong to your Circle of Concern, your Circle of Influence and your Circle of Control.

- Circle of Concerns – what are all your concerns in relation to COVID-19?
- Circle of Influence – what are you able to influence in relation to COVID-19?
- Circle of Control – what are you able to control in relation to COVID-19?

**Circle of Concern**

Not Available

**Circle of Influence**

**Circle of Control**

## Wellbeing and Resilience – Circles of Concern

2. Identify how this model can be helpful in dealing with challenging situations.