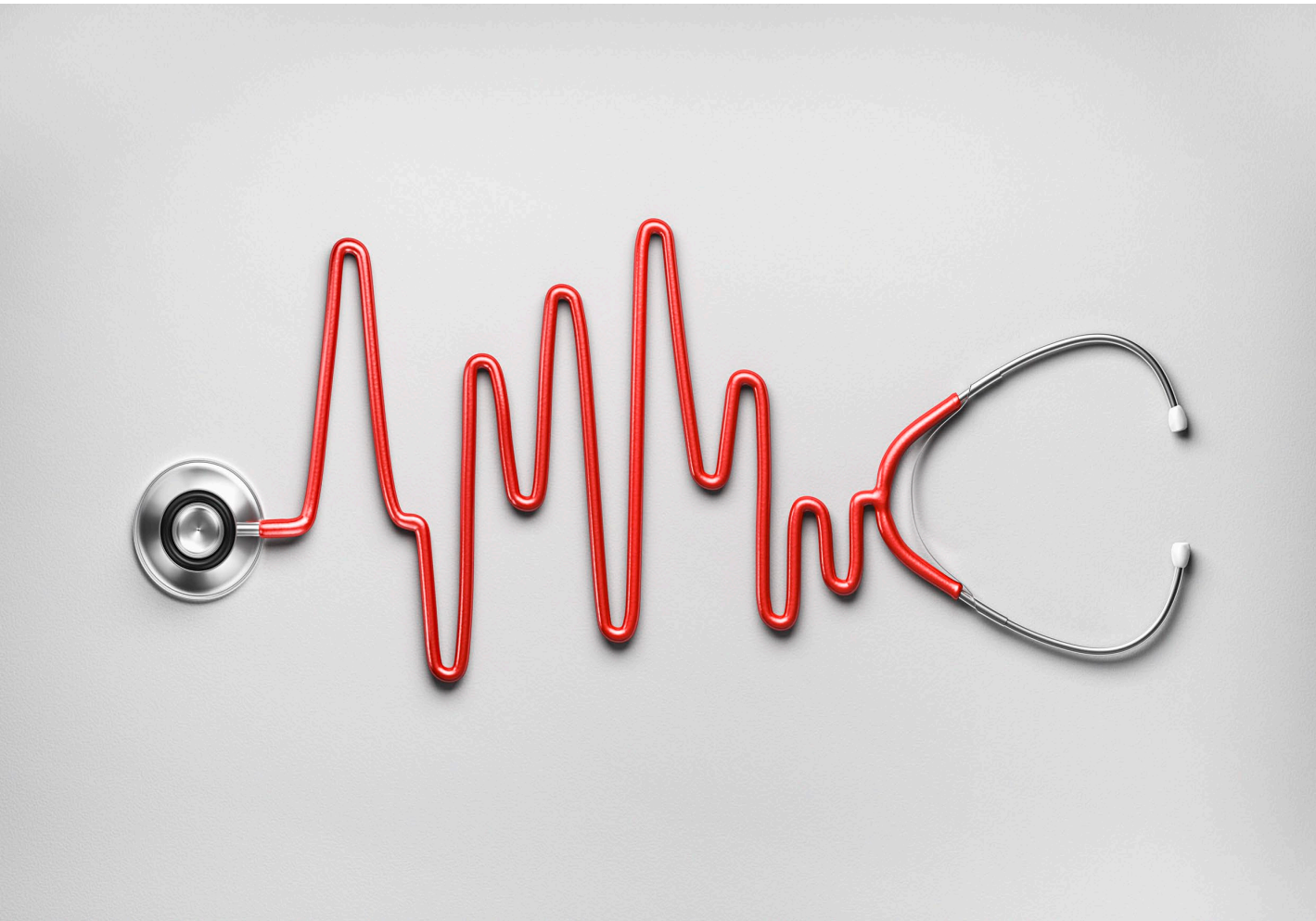




Building Emotional Resilience: The Circle of Influence

In times of uncertainty, understanding what we can control and influence is essential for reducing stress and building inner strength.



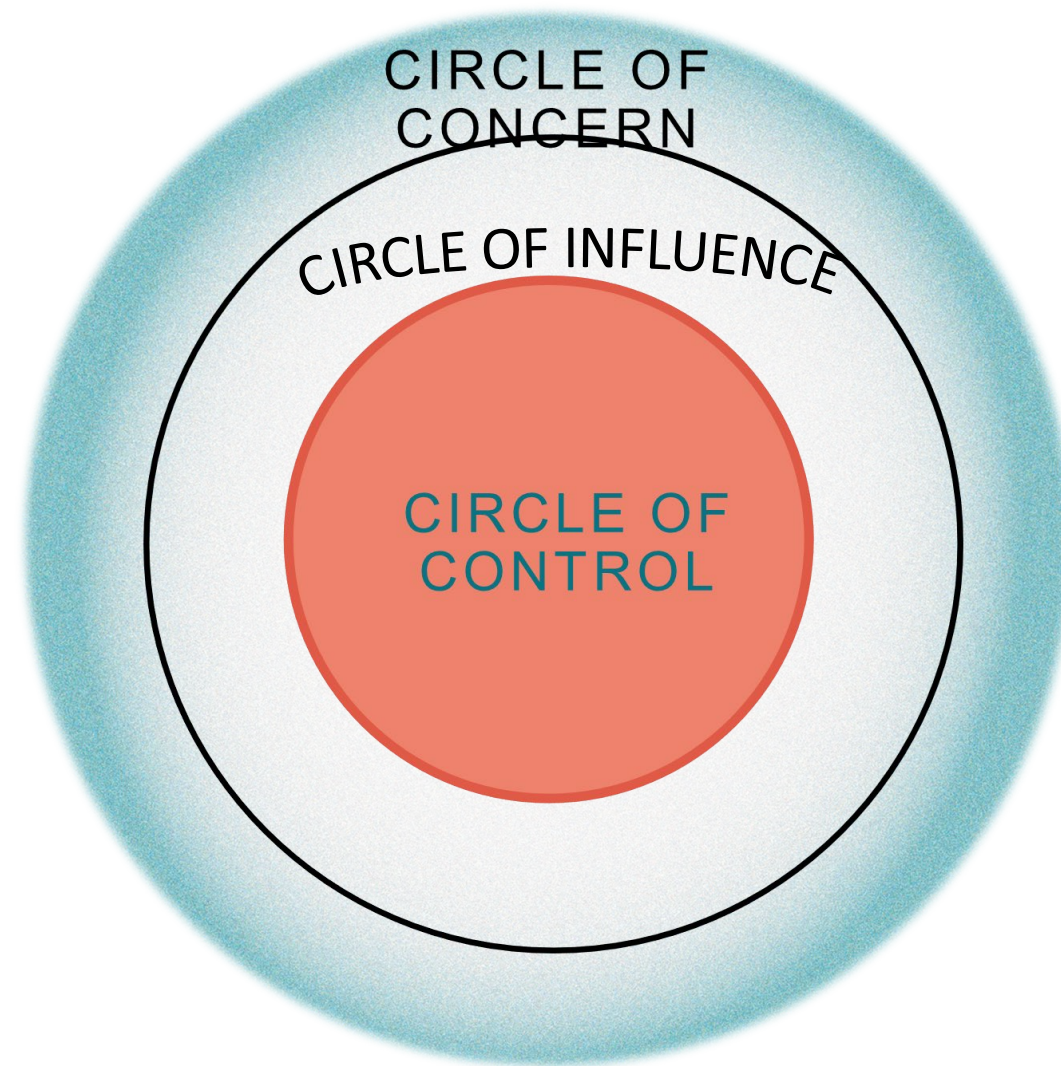
What is Emotional Resilience?

Emotional resilience = flexibility under fire + self-awareness + recovery mindset.

Emotional resilience = your ability to;

1. Bounce back from setbacks.
2. Adapt to change.
3. Stay grounded under pressure.

Understanding the Circle of Influence



→ *Control* what's within your influence.

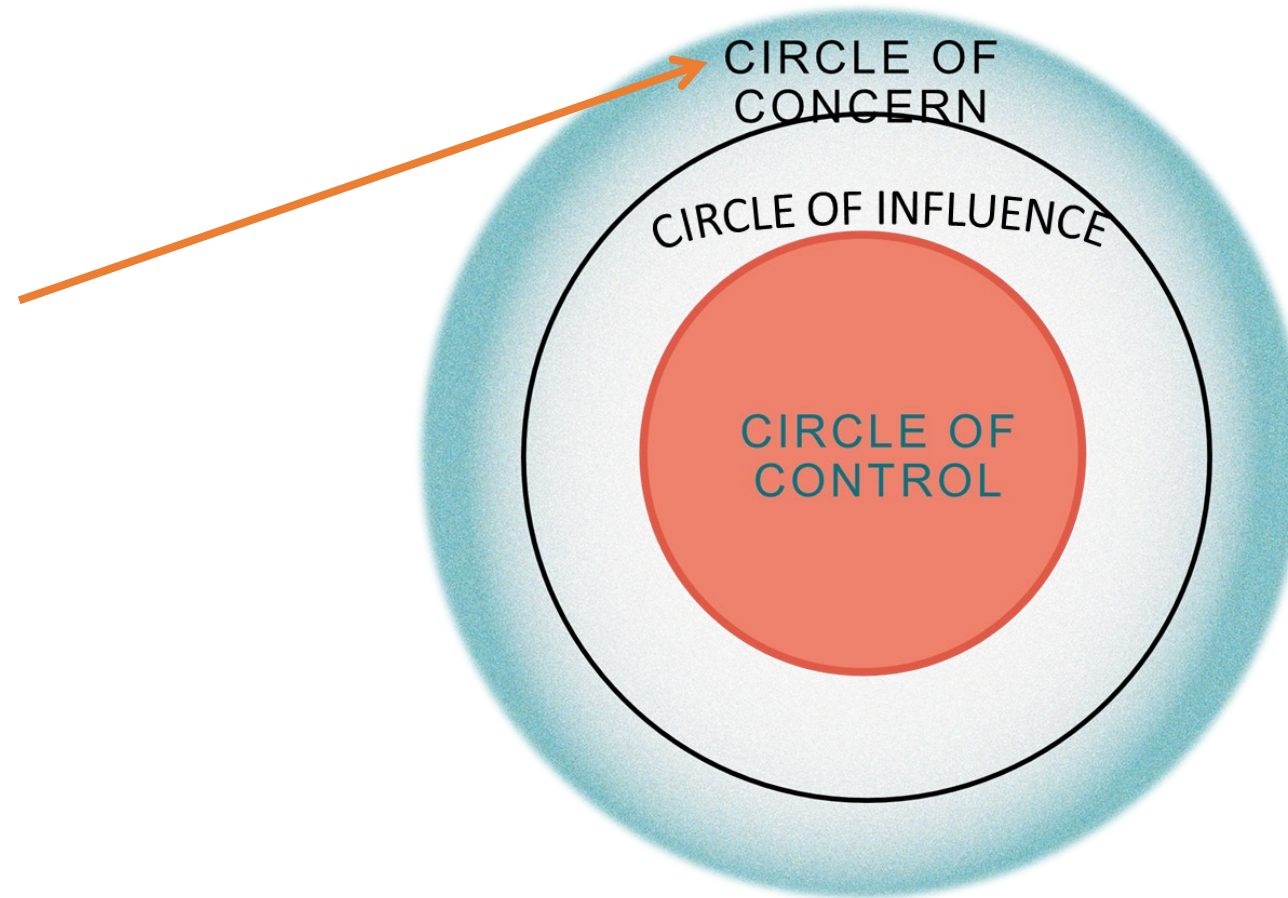
→ *Maintain Awareness* of what's outside it, without letting it drain your energy.

Understanding the Circle of Concern



Circle of Concern

Concerns outside our direct control, such as global events, political climate, and others' opinions.



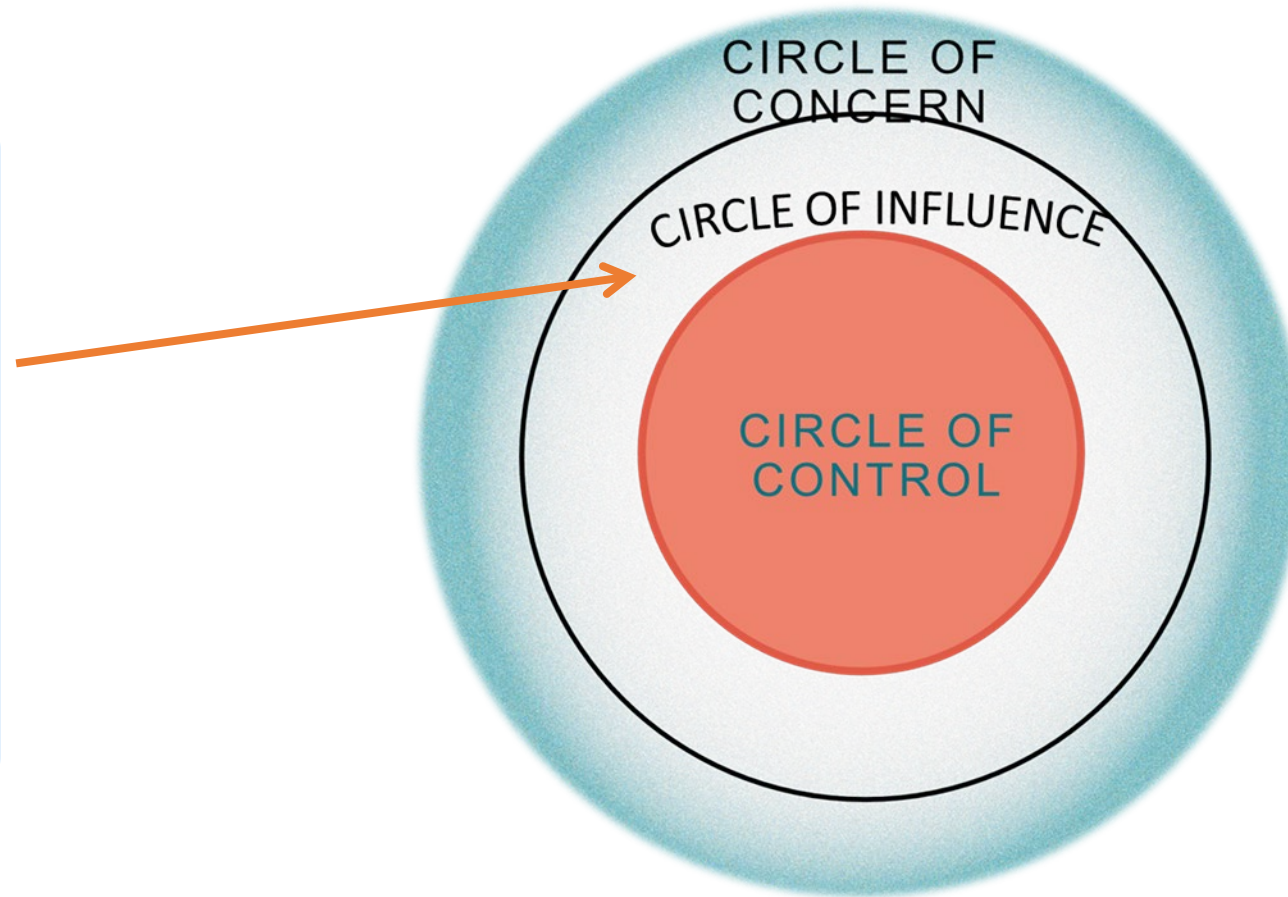
The key insight: Focus energy on the Circle of Influence to shift from anxiety to proactive, empowered action and build resilience.

Understanding the Circle of Influence



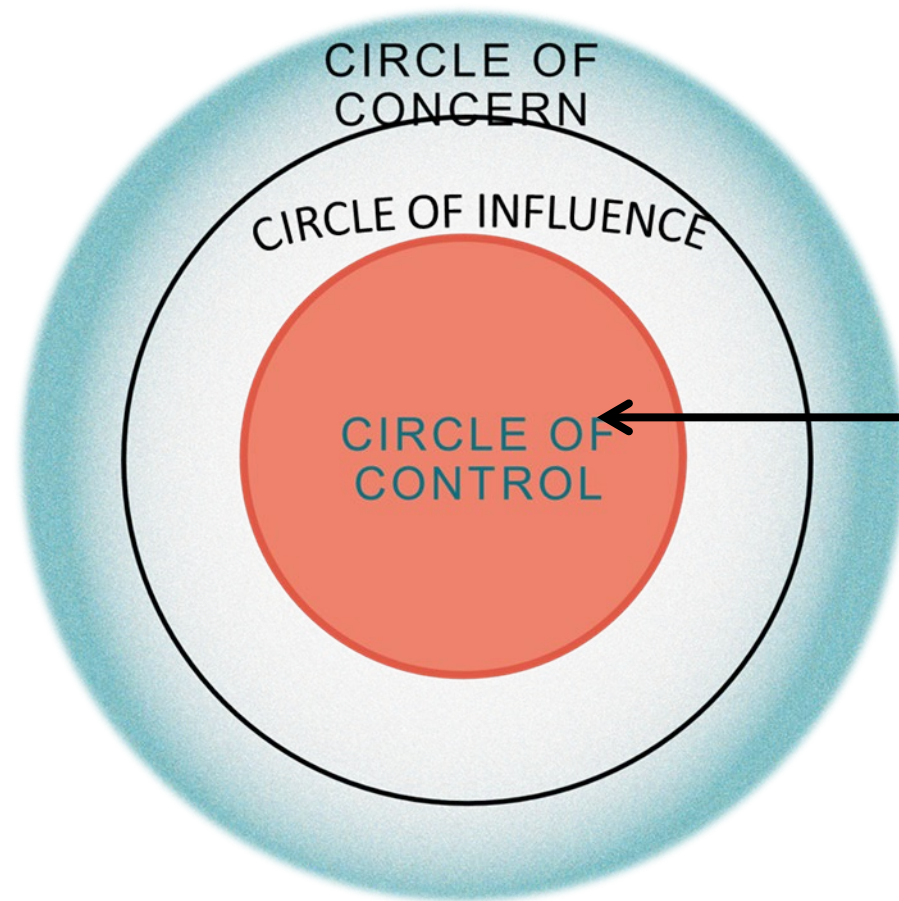
Circle of Influence

Areas we can meaningfully impact:
relationships, community
involvement, skill development, and
our responses to challenges.



The key insight: Focus energy on the Circle of Influence to shift from anxiety to proactive, empowered action and build resilience.

Understanding the Circle of Control



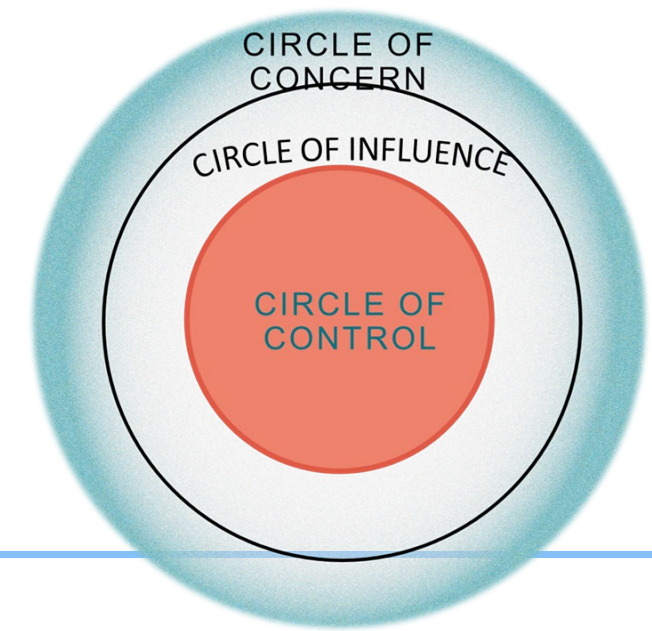
Circle of Control

What is fully within our power: our thoughts, attitudes, daily habits, and personal responses.

The key insight: Focus energy on the Circle of Influence to shift from anxiety to proactive, empowered action and build resilience.

Map Your Circles and Take Action

Use this exercise to focus energy for maximum impact and well-being.



01

List Concerns

Write down all current worries and challenges (Circle of Concern).

03

Define Control

Identify what is fully within your power: mindset, reactions, and habits.

02

Identify Influence

Mark concerns you can actively influence or take action on.

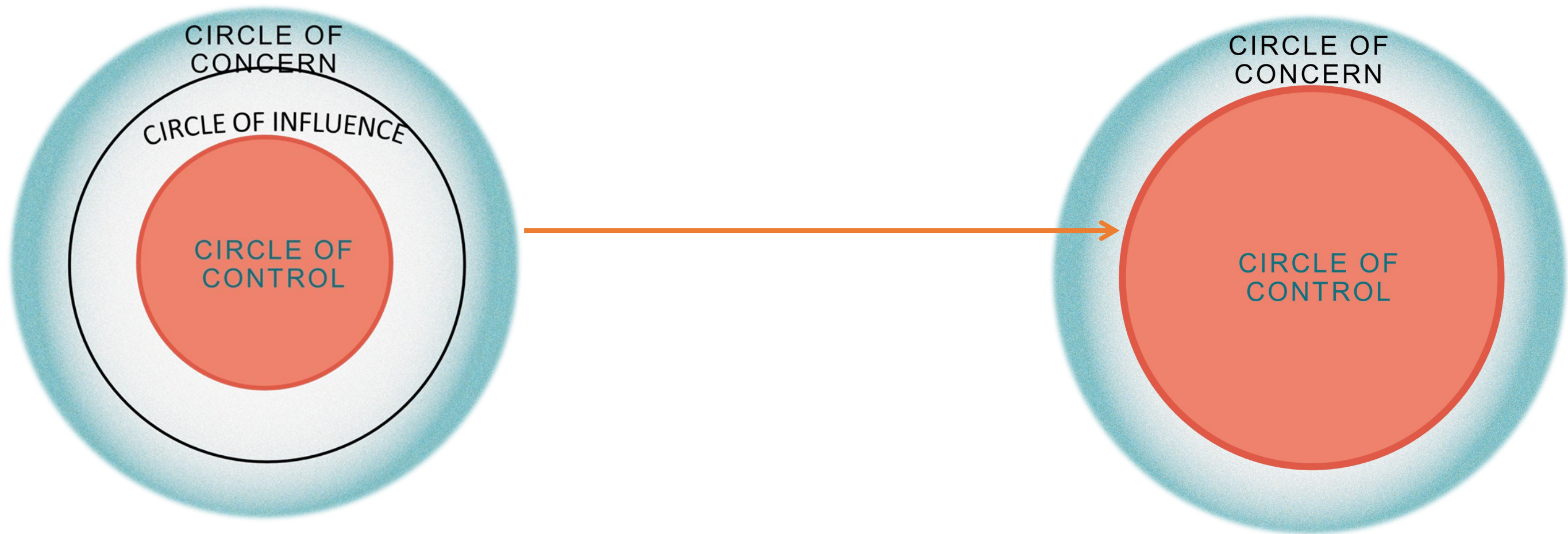
04

Commit to Action

Select one small, concrete action in your Circle of Influence to start immediately.

 **Outcome:** Increase empowerment and reduce overwhelm by acting on what you can influence.

Understanding the Circle of Control



The key insight: Focus energy on the Circle of Influence to shift from anxiety to proactive, empowered action and build resilience.

Thank You

