



CONCERN:EAP

Healthy & Resilient You



Stress defense: Circle of Influence

Most of us like to think we know how much we can control, but all too often we center our focus on the uncontrollable, opening the door to pointless worry and stress. Understanding what you can control and to what extent will not only relieve stress, but make you feel happier and more positive. All it takes is mindful self-awareness, the ability to identify your “Circle of Influence” and take action!

Out of control and out of focus

The practice of mindfulness will help you clear away trivial and needless worries. As a result you’ll have more insight and awareness of your choices. This will enhance your ability to make better decisions which bolster your feelings of balance, competence, and personal control.



Resilient Tip: Next time you feel pressured by a situation, try to not to judge it. Often times when we judge something, we react negatively to it. If you’re not clouded with negative emotions, it will be easier to be proactive and get “in the zone”. Success is right around the corner!

To control or not to control?...That is the question

When a situation feels like it’s out of our control, such as the behavior of a colleague or a mountain of tasks for a project, it’s easy to get stressed out and frustrated. Obsessing over these types of things is like bad reality TV: easy to get sucked into and a big waste of time.

Targeting your focus on things that you have control over will lead you to your very own “Circle of Influence” (COI), a concept made popular by Stephen Covey. When you identify the aspects of a situation where you have influence, you can take action and feel more empowered.

To help you identify what is inside your COI, keep these two points in mind:

- 1) Focus your mental and physical energy **ONLY** on the things you can personally influence.
- 2) Understand that everything else is a distraction.

Think about how much you could accomplish if you let go of what you cannot change. You’ll find a surplus of energy and clarity to do the things that satisfy your sense of accomplishment.



Resilient Tip!

Next time you break a sweat or lose sleep over a situation, ask yourself what you can do to improve it. If you can't find an answer, you're dealing with something outside of your COI. Don't waste valuable time and energy worrying about the issue.

Get the ROI on your COI

Now that you have identified your Circle of Influence (COI), it's time to invest your energy in the things you can impact.

Here are some simple proactive steps to take charge of your COI:

- 1) Draw a circle on a piece of paper and write down the things you can control inside it.
- 2) Refer to your circle daily to reinforce your influence over these things.
- 3) Stop wasting energy worrying about things outside the circle.
- 4) Break down larger things into smaller, more manageable tasks.
- 5) Get started to gain momentum.

You have the power to expand your Circle of Influence by focusing on what you can control in every situation that comes your way.



Resilient Tip: Direct your energy toward what you can change. Perform a small action with a good attitude to affect this change. You'll soon find that your positive attitude is contagious, opening the door to leadership positions and fulfilling relationships.

Healthy and resilient you

Implement these techniques to experience less frustration and improve your ability to manage stress as you face life's challenges.



This newsletter is intended for informational purposes only, and should not be used to replace professional advice.

If you find your level of stress is impacting your well-being, you can contact us for additional help and support.

Call: 800.344.4222
www.concern-eap.com