

## Mental Wellness: Thriving in Extreme Circumstances

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### Life's events and circumstances fall into two categories:

- **Circle of Influence:** The things we can do something about, directly or indirectly
- **Circle of Concern:** The things we can't do anything about at all.

### When you focus on the things you can do something about:

- The circle of influence expands, giving us more influence and control over events and circumstances.

### When you focus on the circle of concern:

- Your circle of influence shrinks because your energy is going to events and circumstances you cannot change.

### There are two tools that are always in the circle of influence. Use them.

- Your response.
- Building trust in relationships.

### There are two words that, when paired, show that you are living in the circle of concern.

- If only.

### Individual activity:

- What \_\_\_ \_\_\_ thoughts might you be having about your job, work, or career?
- How does thinking like that make you feel?
- How can you shift the focus from the circle of concern to the circle of influence and start working on what you know how to do well (and also on how to get better at it)?

