



YOUNG STROKE GROUP PRESENTATION

What Keeps You Up At Night?

The Circle of Control: Practical examples that may help focus energy and set boundaries.

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CIRCLES OF CONTROL

A framework for easing anxiety, clarifying focus, and reclaiming energy

Understanding what is within our control, what we can influence, and what lies outside of our control

Also Called

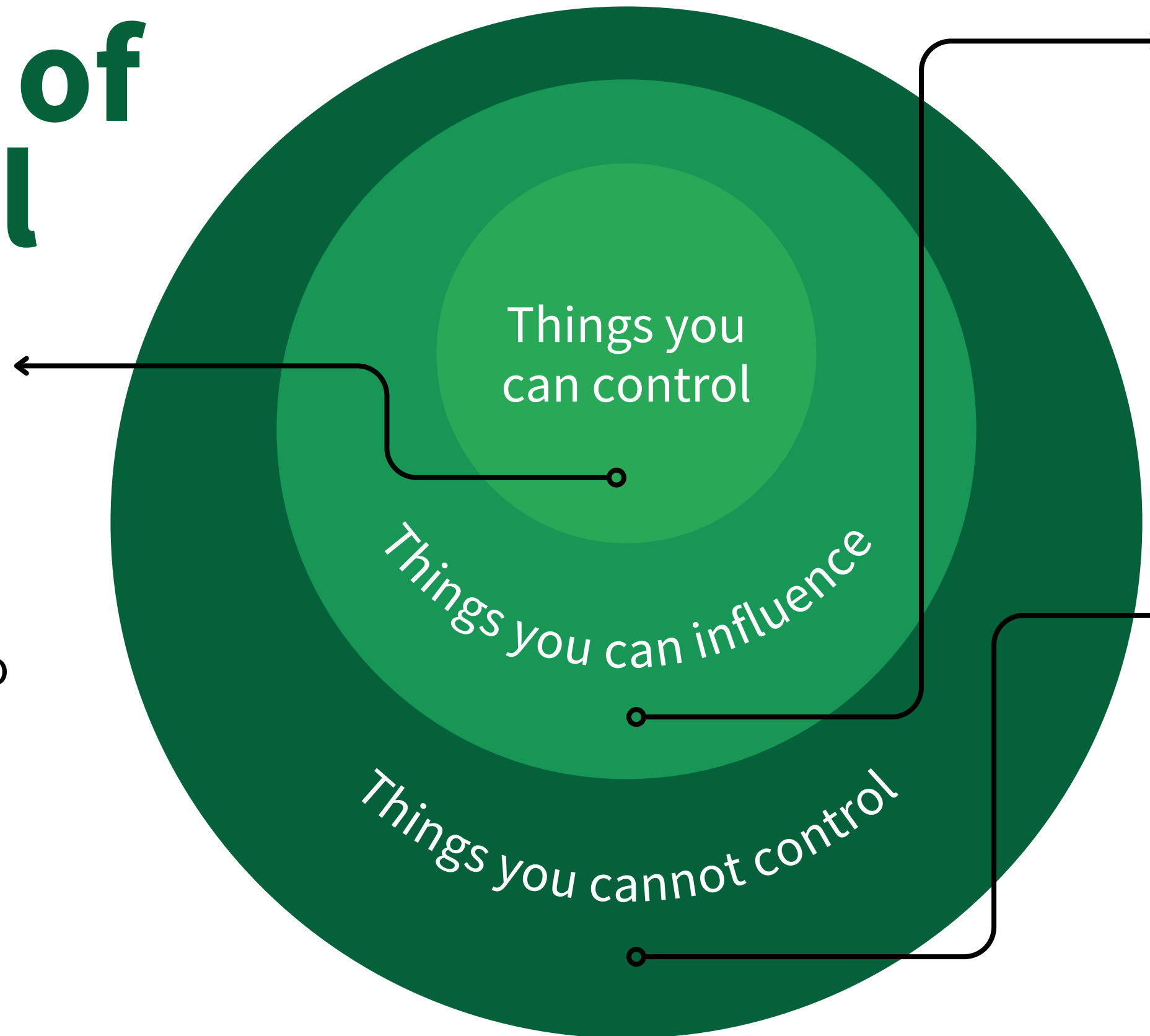
Circles of Concern & Influence

Circle of Controls

Circle of Trust

Circles of Control

Circle of Control:
your self-care practices, personal goals, boundaries you set, priorities, how you respond to others, your thoughts



Circle of Influence:
work relationships, family relationships, school friendships, behaviors of people you're with

Circle of Concern:
The weather, people's health status, war, politics, climate change, violence, school shootings, celebrity habits

Shift from worry

Many of the things that concern us are beyond our control, yet we cannot seem to stop worrying about them.

Worrying about what we cannot control is not a wise use of our limited energy.

Utilizing the Circles of Control can help us shift away from worrying.





THE INNERMOST CIRCLE

Circle of Control

Circle of control refers to everything **you can control** directly.

Individuals have the most power in the circle of control, as they can make meaningful and deliberate changes.



CIRCLE OF CONTROL

Examples

When you ground yourself in **what you can control**, overwhelming worries become more approachable and doable, leading to clearer decisions and reduced stress.

How you respond
when you feel
angry, anxious,
or overwhelmed

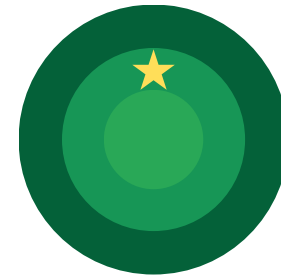
How much sleep
you get

How you take
care of your body
(e.g., food,
movement, rest)

How you spend
your time —
including breaks
and self-care

Whether you
prepare for a
difficult situation

What you say



THE MIDDLE CIRCLE

Circle of Influence

Circle of influence refers to the things you can **affect** but **you can't directly control**.

Recognizing which worries fall into this category helps you **cope more effectively with stress** and **focus your energy** where it can actually make a difference.



CIRCLE OF INFLUENCE

Examples

Focusing on your influence allows you to act with intention **without getting stuck in frustration or helplessness.**

You feel excluded — you can't control others' actions, but you can take small steps to connect, join new activities, or talk to someone about how you feel.

You're struggling to stay motivated — you can't force motivation to appear, but you can create a daily structure, celebrate small wins, and connect with people who remind you of your why.

Your family doesn't understand your recovery journey — you can't control their beliefs or behaviors, but you can communicate your needs and help them understand.



THE OUTERMOST CIRCLE

Circle of Concern

Everything within this circle is directly **out of a person's control.**

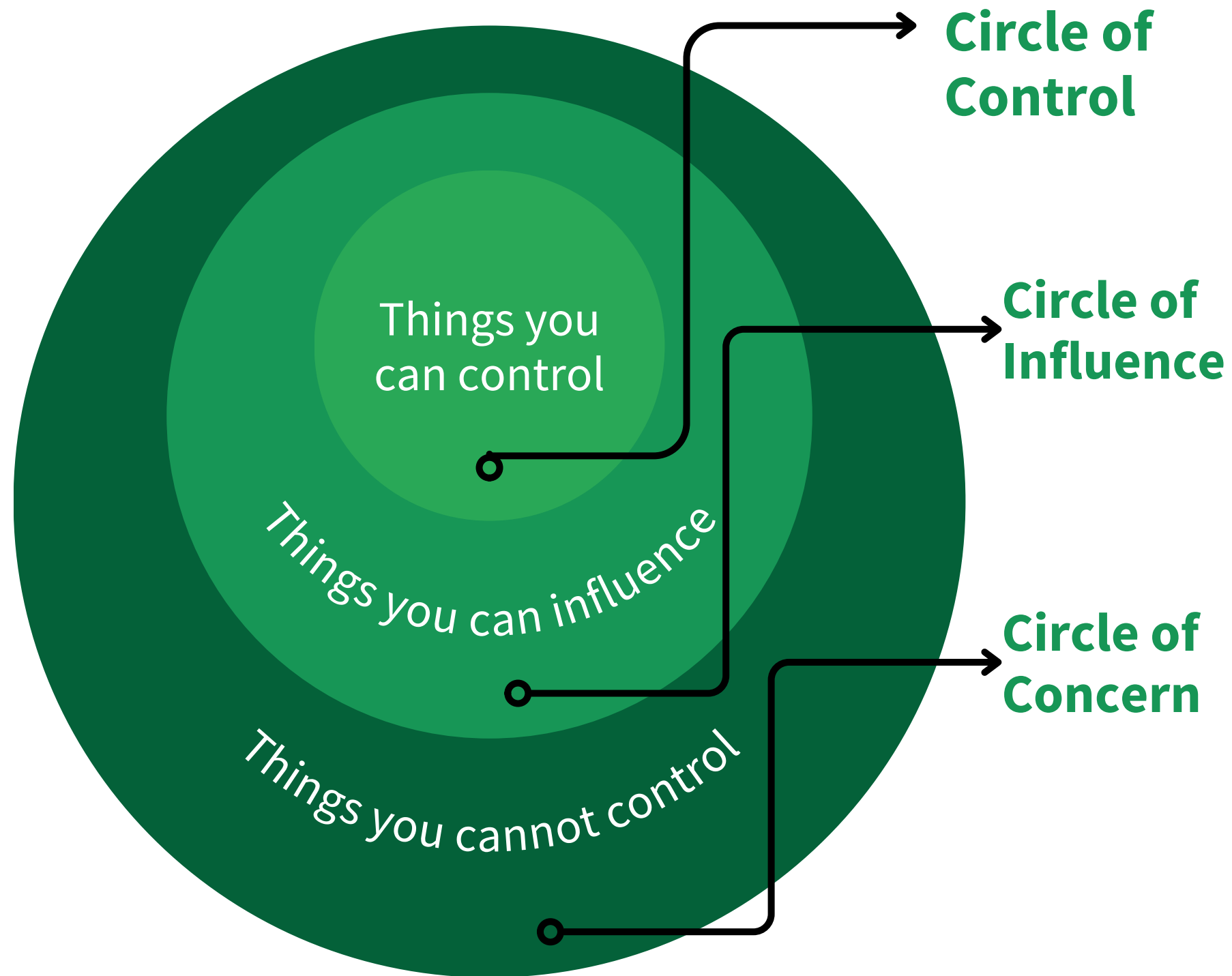
Spending too much time in this circle can be unproductive and detrimental to a person's well-being.

For example:

- people's opinions
- natural disasters
- global events
- the past



SUMMARY



By recognizing what's **within our control**, what we can **influence**, and what lies **beyond us**, we can redirect our energy with intention.



Why Focus on Your Circles?

- ★ More Clarity and Focus
- ★ Less worry
- ★ Greater Resilience and Coping Skills
- ★ Improve Mental Health
- ★ Develop A Growth Mindset



Sharing Time

- What stood out to you?
- Any thoughts, questions, or feedback?
- Personal experiences or insights to share?

Feel free to unmute, raise your hand, or drop it in the chat!



CONTROL

