

15 Minute
Activity
For
Everyone

Control Circles

Our daily lives are constantly shifting and changing. With each new day we are called upon to be flexible and to problem solve. These situations are often linked to things that are out of our control such as the weather or a sudden public transportation closure. With 48% of Canadians reporting that they feel stressed at least once a week, it is important to recognize these situations are often outside of our control. This is an activity for you and your family to further your understanding of what is in your control, and what is not. The hope is that it will allow you to better manage your moments of stress and understand where it originates.

Activity:

- Start with writing out a list of all the stressors you interact with in your life. *Examples: the weather, public transit closures, other people's actions, past mistakes, the economy, the news, etc.*
- Once your list is complete, take a coloured marker and circle all the stressors that you feel are out of your control. *Example: other people's actions, the news, etc.*
- Next, take a different coloured marker and circle all the stressors that you feel are in your control. *Example: doing homework, doing chores, etc.*
- Draw a large circle on a sheet of paper, then draw a smaller circle inside. The smaller inside circle represents what stressors you have control over. The bigger outside circle represents the stressors you don't have control over.
- Write all the circled words from your list in the two designated sections of your circles.
- Once you have finished placing each stressor in the appropriate section, take some time to observe where you placed each stressor. Do any need to be moved into the other section?

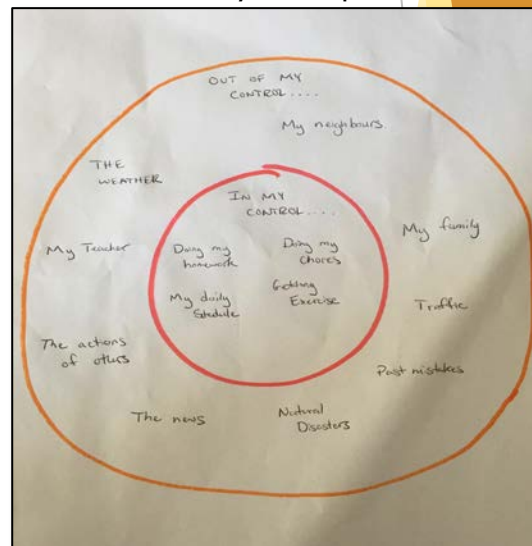
Reflection Questions:

- Was this activity hard? Why or why not?
- Now that you've identified which stressors you have control of, will this change your daily routine?
- How can you better manage the stressors in your life now that you've identified them?
- What do you do to relieve stress?
- What can you do to not be a stressor for others?

What is a stressor?

A stressor is anything that causes the release of stress hormones into your body. Stressors can be broken down into two categories; physical stressors such as an injury and psychological stressors such as situations or comments that make us feel threatened.

Activity Example:



Materials Needed:

- A Pen/Pencil, Two Different Coloured Markers, Paper