

Circle of Control

Exam pressures and changes in our lives are a big factor in how we feel and handle our emotions and anxiety. Try doing this worksheet.

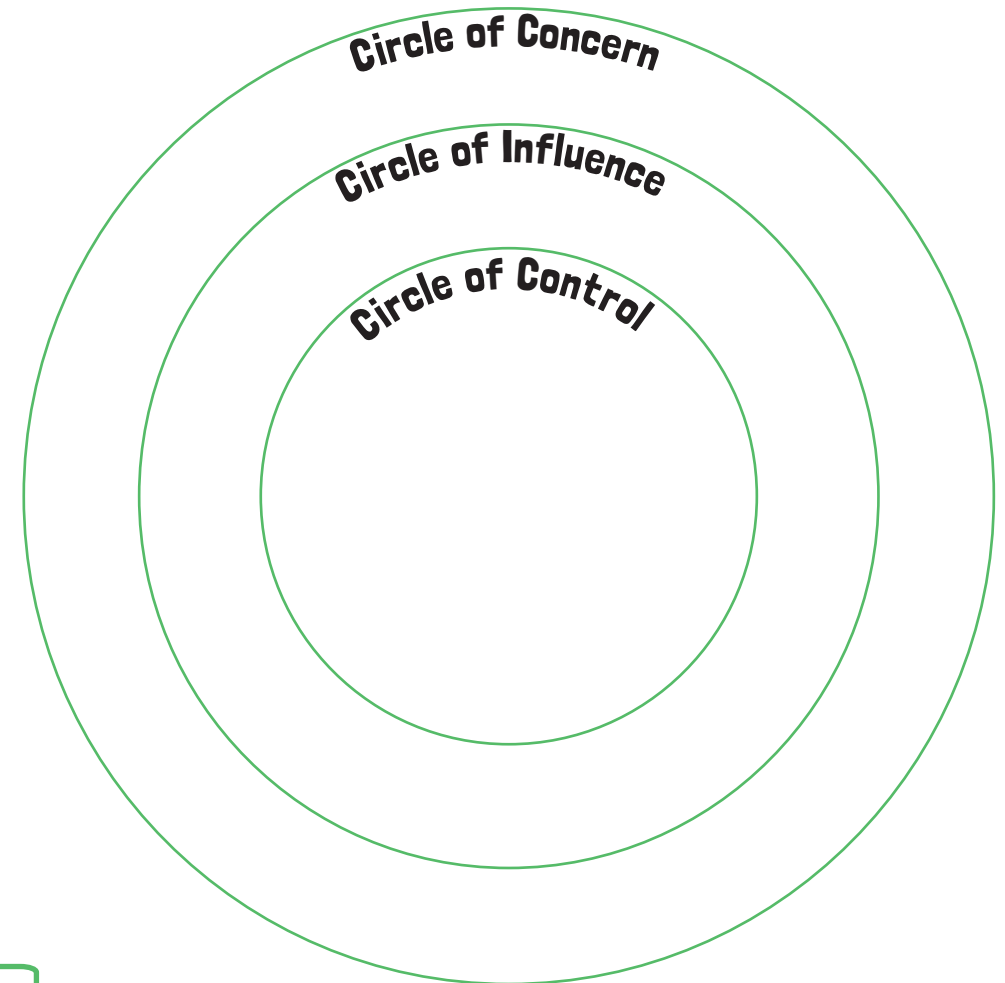


1
In each circle write in what you think should go in.

2
In Circle of Control, you could write about how you have control on your physical and mental health.

3
In Circle of Influence, you may put your family, friends or teachers.

4
In Circle of Concern you may write your exams, Covid-19 or life pressures.



This is a great way to express what you are feeling and is a tool to use when asking for help in how to deal with your concerns.

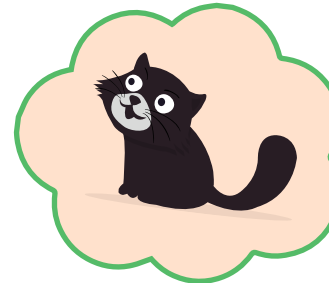
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Let's start positive

At the start of every day for 20 minutes, write about something that is positive. It can be about anything, family, friends, something that has happened, a favourite holiday.

Taking time out of our day to write about something that is positive will not only make you feel better but will give you mental boost too. So start your day right and start positive.

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Is this rational?

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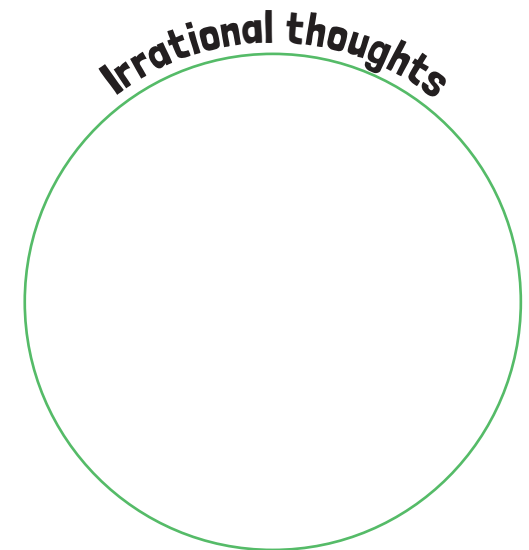
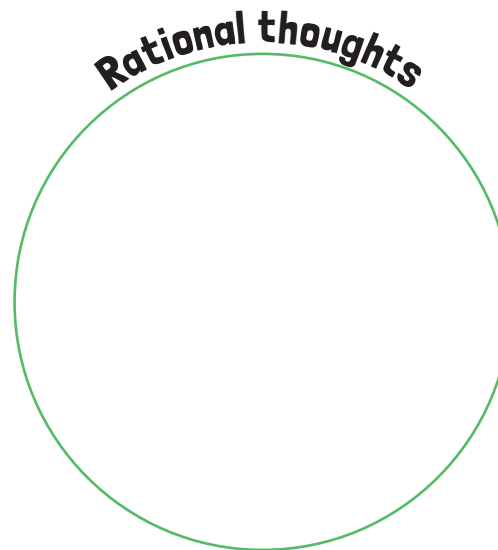
When we start to feel the pressure or something is making us feel stress we can tend to over think the situation and start to turn those thoughts into irrational thoughts leading us to feel more stressed.

1

On a piece of paper draw two circles next to each other. Label one as rational thoughts and the other as irrational thoughts. Start to write your thoughts into the circles.

2

For example in rational you could put "my exams are making me feel anxious". It is okay to think that as this is normal to feel worried but the irrational thought could be "I will fail at everything and I will let everyone down and I won't get anywhere in life because I have failed". This is irrational; how do you know you are going to fail you can't predict the future.



It is important to know what is rational and what isn't.

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Keep a gratitude journal



A gratitude journal is a place for you to record the things that make you feel happy.

It's such a simple thing to do but lots of people say they feel calmer or even happier after writing down things that made them happy. At times when things feel difficult or uncertain, it might be helpful to be able to look at this record of happiness to help remind you that things will not always feel this way.

There are lots of different ways to keep this journal. It could be as simple as a list written on a piece of paper, in a notebook or on your phone. But there are also beautiful examples where people use fancy lettering and illustrations to make their gratitude journals a place for being creative. Searching on social media for #GratitudeJournal will give you lots of inspiration. Some of our favourites are:

[@blessingmanifesting](#) [@kellie.winnell](#) [@avamariedoodles](#) [@namastechick](#)

Feeling creative? Here are 3 ideas to try

1) Try making your own notebook out of recycled paper!

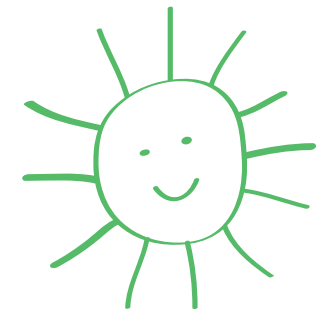
Try searching for 'junk journal' or 'book binding' tutorials.

2) Learn the art of hand lettering

A quick internet search for 'hand lettering tutorials' will bring up a huge range of videos and worksheets so find the style of writing you like best and have a go.

3) Use templates

If drawing isn't your thing, there are lots of downloadable templates to make your journal look gorgeous. Use the template in your pack with our favourite prompts to start writing a gratitude journal today.



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Keep a gratitude journal



Top Ten Gratitude Prompts for Journaling

- 1 - Write down all the good things that have happened to you today**
- 2 - What five personality traits do you most love about yourself?**
- 3 - What makes you special and unique?**
- 4 - What amazing experiences are you thankful for?**
- 5 - What has been the highlight of your week so far and what things are you looking forward?**
- 6 - Write down something special you have done for someone and how it made you feel, then write down something special someone else did for you and how it made you feel**
- 7 - Write down something you are happy to have let go**
- 8 - Write down a challenge in your life you have had to overcome, now describe how your life is better**
- 9 - List the qualities you admire most in others, how can you incorporate these qualities in your life? What qualities do you admire most about yourself?**
- 10 - List all the things that make you smile.**

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