

Exercise: The Digital Circles of Control and Concern

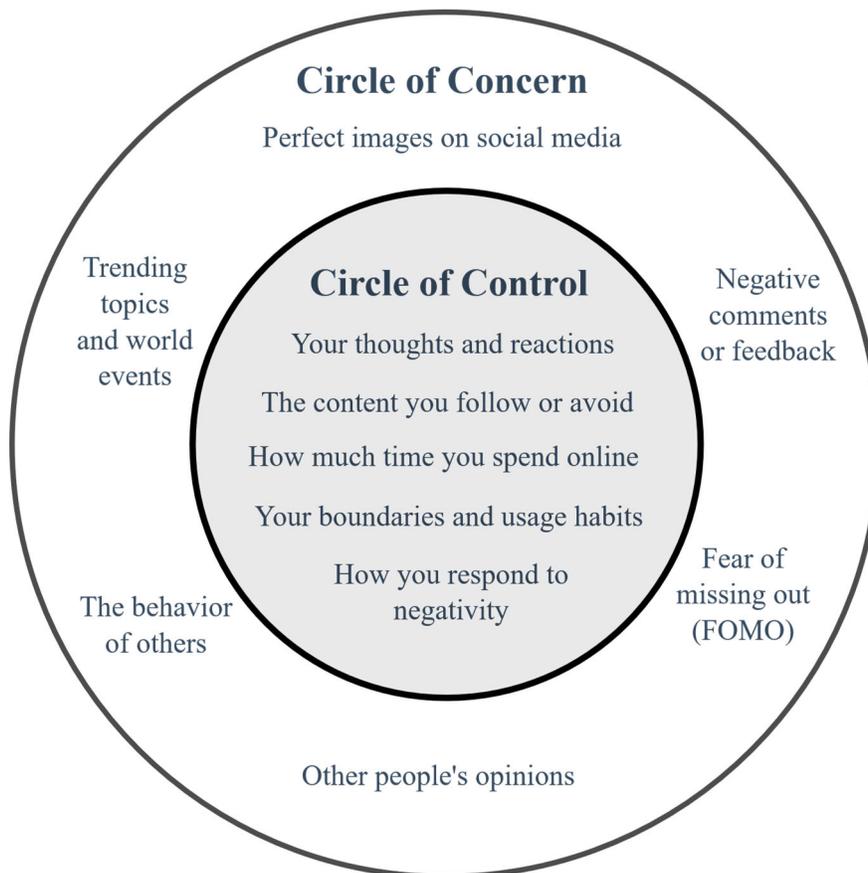
Navigating the complexities of both the digital and real world can feel overwhelming. While it's natural to experience stress or anxiety over external factors, it's important to remember that you have more control over our experiences than you often realize.

The Circle of Concern

The outer circle includes the things we may worry about but have little or no control over, like idealized images on social media, negative feedback from others, fear of missing out, or global events. Dwelling on these concerns often leads to frustration, anxiety, and helplessness:

The Circle of Control

This inner circle represents the things we can directly influence through our actions, choices, and mindset, such as your actions online, the type of content you consume, and how you respond to others' feedback. Shifting your attention here can help us manage stress and build a healthier relationship with the digital world.



Try This: Your Digital Circles of Control and Concern

Step 1. List your top digital concerns, stressors and worries: _____

Step 2. Choose the items in your Circle of Control. Then, think about each if they fall into the Circle of Concern or Circle of your Control.

Focus on what is controllable by taking actionable steps, such as limiting social media time to reduce negativity, curating your feeds with uplifting content, or practicing mindful responses to online interactions. Then release what is uncontrollable by acknowledging concerns beyond your control, reframing your perspectives, and redirecting energy toward actionable changes.

What action can you take this week to improve it? _____

Now place each worry in its place in the following graphic. Recall that we do not have control over the things inside the Circle of Concern, but we *do* have control over the things in the Circle of Control.

