

# Covey's Circles of Influence

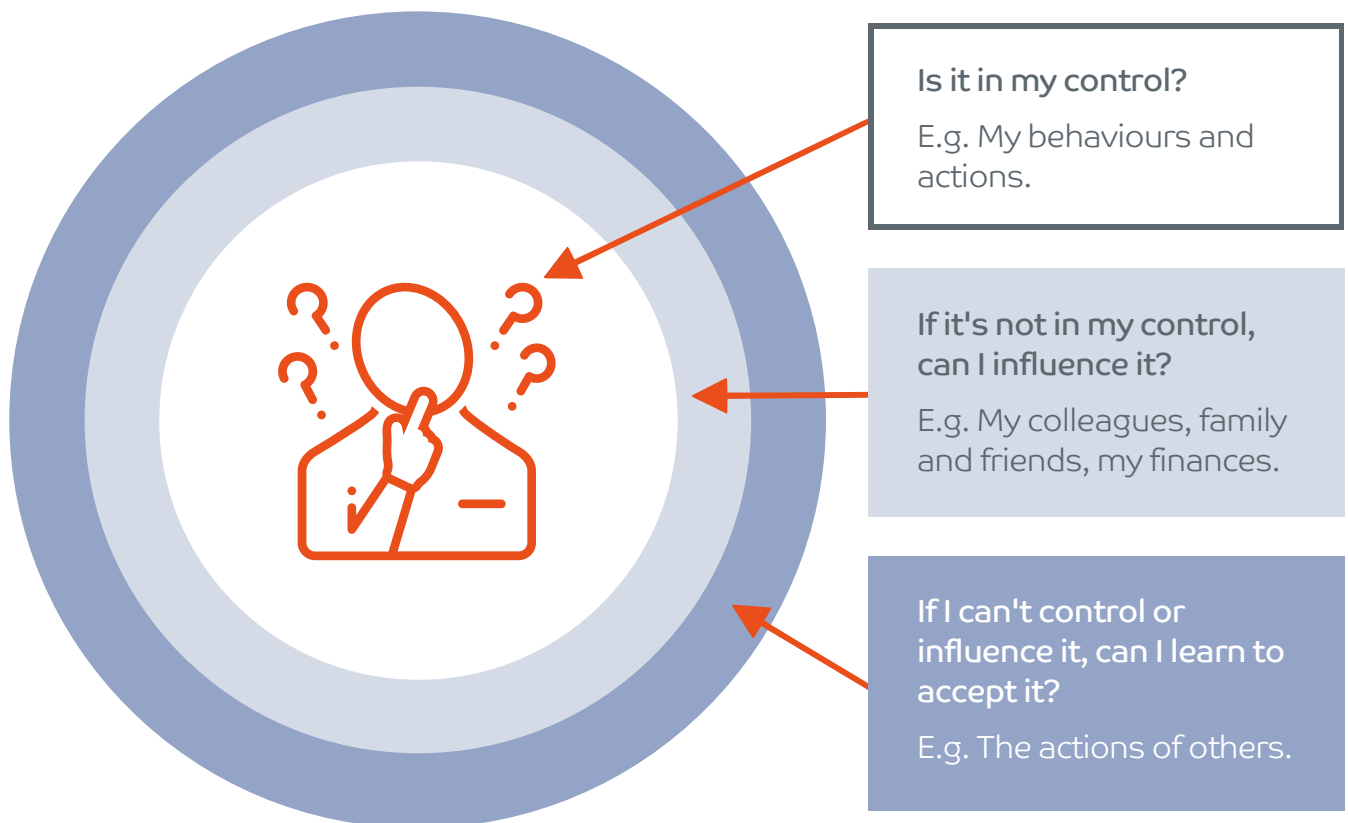


You can use Covey's Circles of Influence model to help break down a problem into areas that you can accept, influence or control.

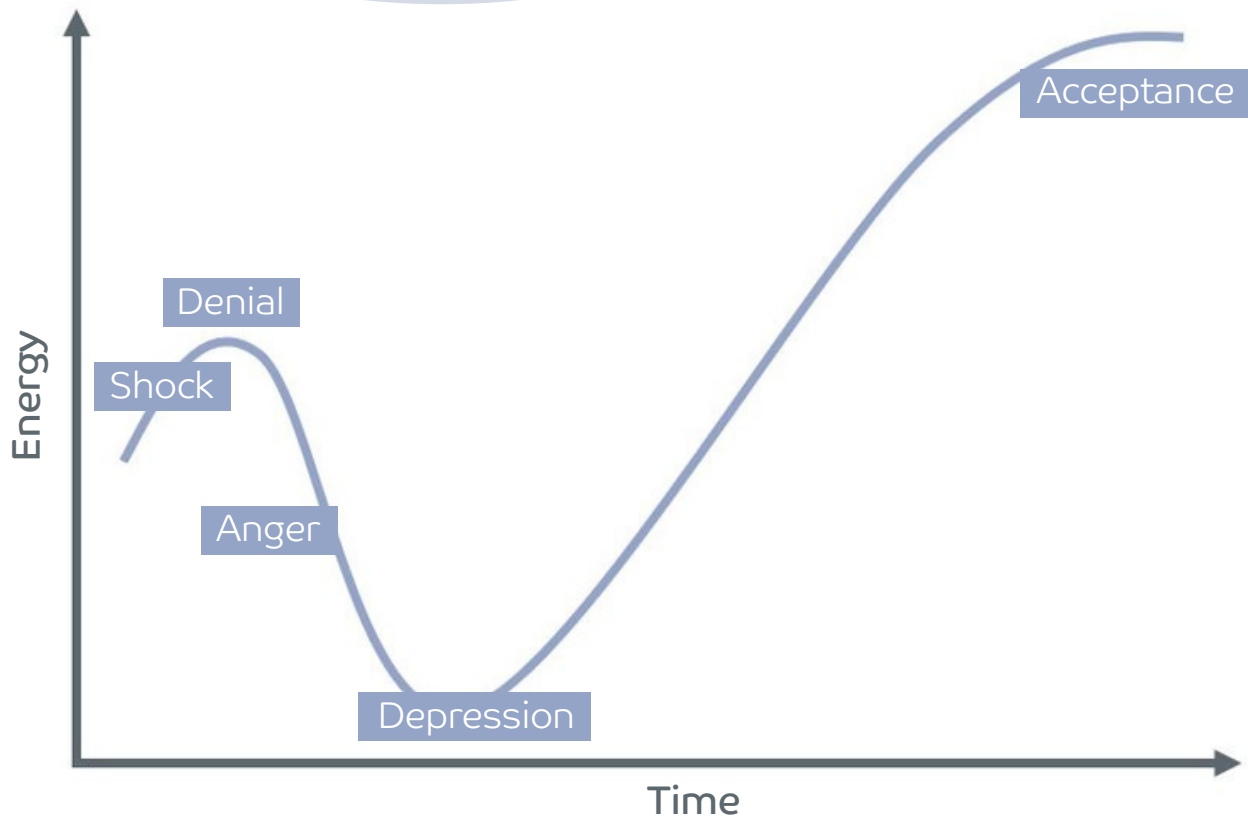
Categorising your worries in this way can help the problem seem less overwhelming and more manageable to deal with.

Covey suggests that you try to let go of concerns that are out of your control and focus more of your time and energy on those factors that you can influence or control.

## Ask yourself...



# The Kubler-Ross Change Curve Model



This model can be used to help understand the different emotional stages a person may go through during change, from the initial shock or denial stage, to anger or depression, through to the final stage of acceptance.

Sources: Mindtools.com, Changemanagementinsight.com

## Useful resources and links

[Mind.org.uk](https://www.mind.org.uk)

A mental health charity for information and support.

[Wellbeing webinars](#)

On topics including resilience and mental health awareness.

[Mental Health First Aid courses](#)

Certified training to help colleagues support each other.

