Control

- The Stoics were Ancient Greek philosophers who thought life would be better if you could avoid being taken over by negative emotions such as anger, fear or jealousy. They believed that the way to do this was to distinguish between what you could or couldn't control.

- They argued that instead of stressing over things we can't control, we should focus on the situations that we can do something about and try to make them better.

- Is there something in your life that you have no control over, that it would be better to let go of? How could this improve your happiness and well-being?

- Which areas of your life do you have some control over? What would it look like if you focussed more on these things?

- Try not to let the 'What ifs' and 'If onlys' sap your time and energy!

'You cannot control everything that happens in life, but you can control how you respond. In your response is your greatest power.' Anon

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