first literacy

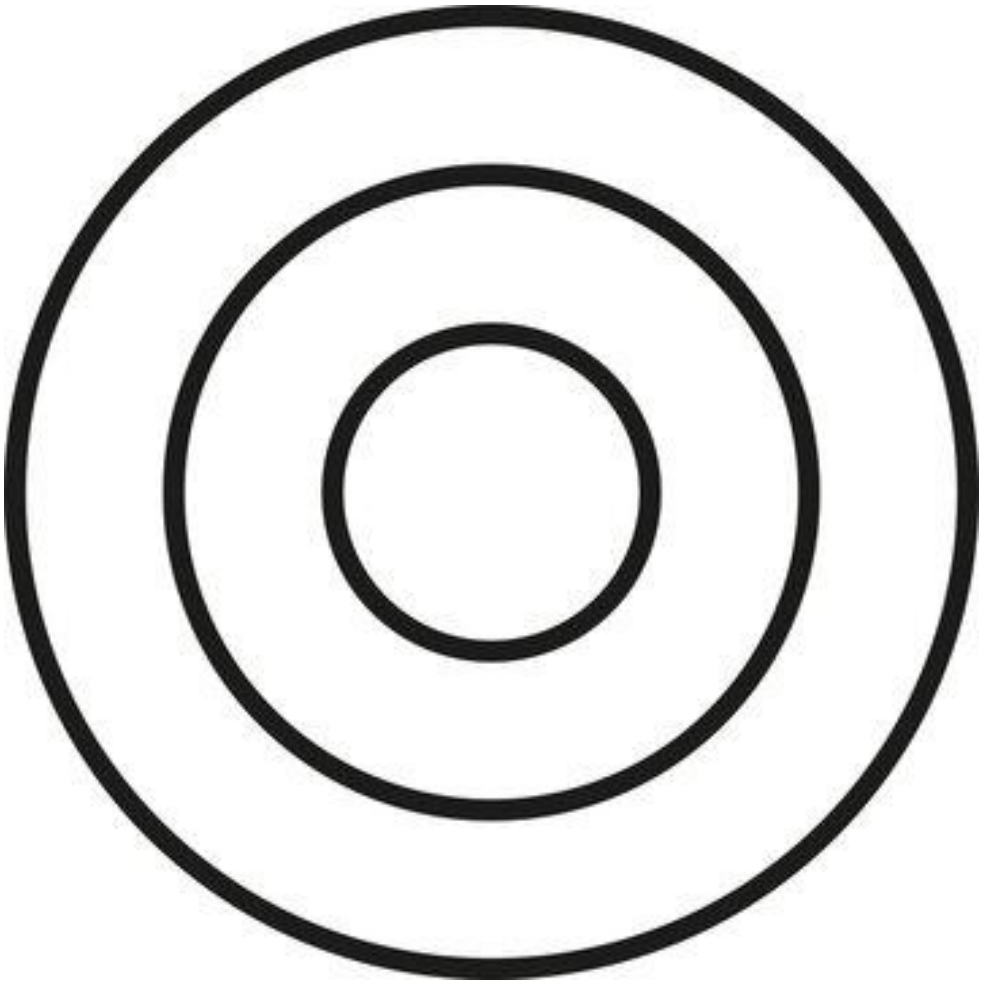
Circle of Control Worksheet

Use the three-circle diagram to sort your concerns.

In the center circle, write down things you *directly control* (e.g., your habits, mindset).

In the middle circle, list things you can *influence* (e.g., relationships, team tone).

In the outer circle, acknowledge what you *cannot control* (e.g., laws, systemic policies)



Personal Self-Care Plan

Use this space to build a realistic self-care plan that works for you.

1. What activities help you recharge physically?

2. What supports your emotional well-being?

3. Who is in your support network?

4. How can you include short moments of care in your workday?

5. What's one small self-care commitment you will try this week?

Recommended Resources

Books:

The Body Keeps the Score by Bessel van der Kolk: https://www.amazon.com/Body-Keeps-Score-Healing-Trauma/dp/0143127748/ref=sr_1_1?dib=eyJ2IjoiMSJ9.wSOKNkfRWK0Klrupuuiu82BClzrMmj0jPOV5sztPA9U3WBqQJeo1QmHOqOqfgAhpcJBObqtX-WrnDyL5-CD0G_rjTIR8Vb9Md09hdMIyR3htGxU2pnCnuzQKOA5XXGOCPG4BztahwEh7uZD9xDE12N62oM0nmSVtaVJCSiiZ9i4MZuX1A7YustqrwD_Dgycy5UofG_oLjxlDcINalRMY_mgksvOSgwocNRcc1SvAYtE._YFUAyileLjnvb4xtDamlxub61RHKHaE41iv7rS3q8s&dib_tag=se&hvadid=580689605212&hvdev=c&hvlocphy=9002008&hvnetw=g&hvqmt=e&hvrand=15654554458787524097&hvtargid=kwd-1410515536440&hydadcr=16287_13419214&keywords=the+body+keeps+the+score.&mcid=3bc19a8a903f31e4870ffffd3e46678a&qid=1745958035&sr=8-1

Trauma Stewardship by Laura van Dernoot Lipsky: https://traumastewardship.com/purchase/

- Permission to Feel by Marc Brackett: https://www.amazon.com/Permission-Feel-Emotional-Intelligence-Well-Being/dp/1250212839/ref=sr_1_1?dib=eyJ2IjoiMSJ9.SyeBW489LHb22qQUkpN3ZB12kTVMj5sUmmJ1bMfoK-ij21o6XyDZJO5vU9jDaDK51ZPAuh6VaZfWDtO4A2G9A6WNySd6tfkteB5CFEJCiIfBdJcI9aNgAPmFnHv1ZdyczhVz4Bpkt1JezBhxfiHP-_0VC24oLF3qQKwcd0gwabmhGnaWbzAg2-hfyky9DrgrvL8feM1cZxXIFVLQnP_fO_2notUGnFChymB5yBXRmd2tMhs7bQ5Z48xR5v9jR25_sBv9psj6i6NwA-zodztofrxxe7rLa4C6HQk7srki_fA.VMB1YaAaT3OYGmae93a7K8JHEUE-DfVZfVeSiPfP3fw&dib_tag=se&hvadid=580750006682&hvdev=c&hvlocphy=9002008&hvnetw=g&hvqmt=e&hvrand=18817615733024652 43&hvtargid=kwd-674339350515&hydadcr=22537_13493358&keywords=permission+to+feel&mcid=a4c048b70f0f347ca566c431e95ef4c2&qid=1745958073&sr=8-1

A Mindful Moment for Busy People by ER Boutin, Jr: https://www.amazon.com/Mindful-Moment-Busy-People/dp/B0F1LY4Q7Y/ref=sr_1_1?crid=PF801VJ3SXI7&dib=eyJ2IjoiMSJ9.rTB7cFSAojA9y8

6D9eZJzJkNwPqF2gZKHuMQS86dHE4QjauLQaUFB4vW9Fre8ZvLCc5s0GbhW0FEZAk6lSnHzSGH5rY58DLByM7xDsgTAe74HZIciXstuvMa_PBB7PJYgpIVik0fUsD6YHwbG1ns26XYZxJGczuRV-jXyyPnjjGXD8938bEnvnbL_3UGGJI_Og9AcyoE9sGFe49YMgmjVjvzUyQZfyqT-DIkLQyPxgw.E5YRrO6Dsy7o3g-F74MobfsQP9y-v98ljII1Mvlg43c&dib_tag=se&keywords=mindful+moment+for+busy+people&qid=1745958129&sprefix=mindful+moment+for+busy+people%2Caps%2C106&sr=8-1

Podcasts & Online:

- Ten Percent Happier Podcast (Dan Harris)

- On Being with Krista Tippett

-Brene Brown

Emergency Support:

- SAMHSA National Helpline: 1-800-662-HELP (4357)

- Massachusetts-based: Call 211 for local emotional support hotlines

-Suicide Prevention Hotline: Call 988