

Staff Wellbeing: What Can I Control?

We often experience the feeling of happiness (or contentedness) when our expectations and reality match. If our expectations are unrealistically high, or unrealistically high expectations are put on us, it can lead us to feeling disappointed and unsatisfied with the experience or ourselves. This prevents us from feeling contented or happy.

Part of being realistic with our expectations is recognising the areas in our life over which we have control and those which, even though we may worry about the outcome, we in fact have no control over. Recognising these different areas can help us to put less pressure on ourselves to set unrealistic expectations and increase our feelings of happiness and contentedness.

The first diagram is used as an example. The second diagram is left blank for you to fill in with details of your own life and feelings. You can make these quite broad and be very personal with your ideas and comments to delve further into your own happiness and contentedness.



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Areas that affect me
but that I cannot control:

Areas I can control: