

Solving My Worries

Start

Notice the worry



Ask yourself 'What am I worrying about?'



Ask yourself 'Can I do something about it?'



No

Yes

Let go of the worry!

What are the solutions?

Distract yourself: think about something else or do something else.

Make a plan!

Who? When? Where?
How? Is it realistic? Is it achievable?

Now

Later

Give it a go!

When?

Let go of the worry!

Let go of the worry!

Return to your activity!

Return to your activity!