

WHAT TO DO ABOUT WORRY

Start at the top and work your way down. If you're concerned about unhealthy anxiety, speak to your GP or a mental health professional.

WHAT ARE YOU WORRYING ABOUT?

CAN YOU DO SOMETHING ABOUT IT NOW?

NO

Hypothetical or what-if worries are usually vague and aren't practical.

What can you do?

Be present.

Keep a worry diary.

Practise relaxation techniques, such as meditation and deep breathing.

Create worry-free zones or times.

Manage your mindset.

3 WAYS TO BALANCE YOUR RESPONSE TO WORRY

- 1 Think positive – you can take back control.
- 2 Accept uncertainty – you can't predict every outcome.
- 3 Be realistic – ask yourself: will it actually happen?

YES

Practical worries are relevant and justified. Most importantly, you can immediately do something about them.

What can I do?

Think about your options.

Choose the best one. Think about scale and how practical it would be to implement. Now do it!

You've done your best to challenge your worry and fix the cause. Take comfort in this and let it go.