



When worries and 'what ifs' fill your mind. (Check out my top tips:

- **Catch** worries by writing them down
- **Understand** worries - what type of worry is it?
- Don't let worries take over - use **Worry Time**
- Tackle your worries using the **Worry Tree**

Catch the worries:

If you notice you are worrying about something during the day... write it down to deal with later. Once you've written it down, try not to let it distract your focus. - let it go until you're ready to deal with it. Have a dedicated **'worry time'**

Understand what type of worry it is:

- A **'What if...?'** worry - which are *'hypothetical'* - worries we can't do anything about (and may never happen) - like *"What if no one likes me?"*
- A **'practical'** worry - worries that you can do something about (*hurrah!*) - like *"Will I remember to take all the right stuff?"* - You can check your timetable in the evening and make sure you've got the stuff you need for tomorrow. Sorted!

Worry Time - it is can be distracting and difficult to be thinking about your worries all the time. Set aside some worry time to look at the worries you've caught. For each one decide if it is a **practical** or a **'what if...?'** worry.

Worry Tree - There's not much you can do with a **'What if...?'** worry except **let it go**. And with practice that can become easier... Check the ideas in our Wellbeing Action Plan (www.startnowcornwall.org.uk)

With a practical worry have a go at **problem solving** using the worry tree below.



Walt's Worry Tree

What are you worrying about?_____

Is it a 'what if..?' or a practical worry?

What if...? ☐

Practical ☐

Let the worry go

You can let the worry go by ripping up or scrunching and throwing it away... or imagine it float away like a balloon in the breeze....

Problem solving

What can you do? What will be most likely to help? Do you need anyone to help you? Make a plan...

Choose a favourite way to distract yourself

some great ideas in our Wellbeing Action Plan at www.startnowcornwall.org.uk

My favourite is:

Now

Do it!

can you act right now or later?

Later

When?



#YouGotThis!

Think about something else

Use a calming / distraction activity to refocus your attention like **54321 Relax!**