Start Now Wellbeing Toolkit





When worries and 'what ifs' fill your mind. (heck 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)

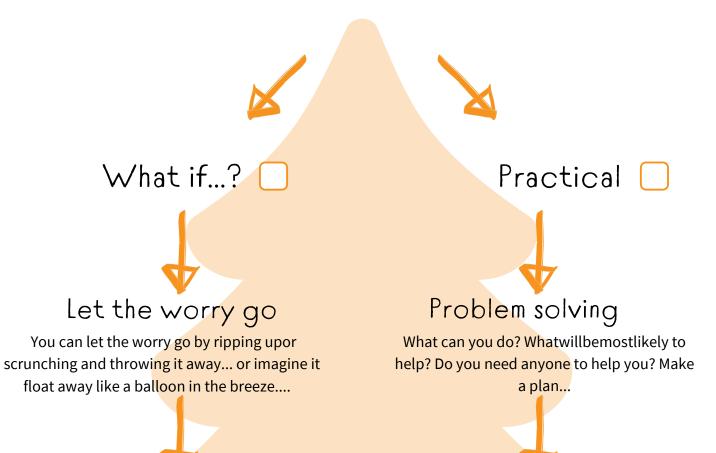
With a practical worry have a go at **problem solving** using the worry tree below.

Downloaded from: www.startnowcornwall.org.uk/wellbeing-action-plan

Walt's Worry Tree

What are you worrying about?_____

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

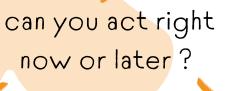


Choose a favourite way to distract yourself

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

My favourite is:









Think about something else

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