

Walt's Worry Tree

Noticed you're worrying? 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...

Think about something else

can you act right now or later?

Now

Do it!

Later

When?

Think about something else

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



#YouGotThis!