

Managing your worries

This series of questions will help you to sort and organise your worries into things within your control and things out of your control. Doing this helps us to develop a sense of control and an awareness of where to put our energy.

Notice your Worry

Ask 'What am I worrying about?'

Ask 'Can I do anything about it?'

No

Let the worry go

Refocus your attention on something more useful

Yes

Make a plan

What, When, How

Some suggestions to help you refocus

Find a distraction

Move around, maybe change the room you're in

Start a conversation about something different to your worry

Consider other things you'd like to think about

Think about a time you felt calm and in control, replay the memory

Play some music

'Ground' yourself

Can you do it now?

Do it

Let the worry go

Refocus

Acknowledge the action you've take

Does it need to wait until later?

Decide when

Let go of the worry until then

Refocus

Remind yourself you have a plan