good vibes drive

10 OCTOBER

Mental Health Matters

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The Worry Tree

The worry tree helps us effectively deal with worrying thoughts.

Notice the Worry

Ask yourself "What am I worrying about?" e.g. traffic jam - I might lose my job

Ask: "Is this a hypothetical situation or a current problem?" and/or "Can I do something about this?"

If the worry is a hypothetical situation:

Let the worry go or postpone your worry until later

Change your focus of attention - NOW

If the worry is a current problem:

Make an action plan

What to do
When to do it
How to do it
Schedule it
Let the worry go in the meantime

Change your focus of attention - NOW Visit source:

THE WORRY TREE

Notice the Worry

"What am I worrying about?"

"Is this worry about a current problem or a hypothetical situation?"
or "Can I do something about this?"

(Hypothetical situation)
NO
YES

Let worry go
Action Plan

Change focus of
Attention

NOW?

LATER?

Do it!

Schedule it

Let worry go
Change focus of
Attention

Change focus of
Attention

Change focus of
Attention

https://www.getselfhelp.co.uk/worrytree.htm