

good
vibes
drive

10 OCTOBER -



Mental Health Matters

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:

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

