

## The Worry Tree

Many hours a day can be spent worrying and constant worry about anything and everything is unhelpful to us. The 'Worry Tree' is a guide to help us deal with worries effectively.

Notice the worry

Ask yourself,

"What am I worrying about?"

"Is this worry about a current problem or a hypothetical situation?"

or

"Can I do something about this?"

**If the answer is;**

**No and is a hypothetical situation**

Let the worry go and change your focus of attention.

**If the answer is**

**Yes and is a current situation**

Create an action plan;

What? When? How?

Then chose when it can be done;

**If now;**

Decide on an action and do it, Let the worry go and change the focus of attention.

**If later;**

Decide on an action and Schedule it! Let the worry go and change the focus of attention.