

# The WORRY Chart

What am I worried about?

Is it realistic?

(Is it about a current problem or an imagined/hypothetical situation)

Yes

No/Not sure

Can you do something about the problem/worry?

Yes

No/Not sure

## Take action

Create a plan:

1. Brainstorm solutions and pick the most achievable one.
2. Schedule a time to take action. (if needed, ask for help!)

## Challenge the worry



Ask yourself:

- What are the facts?
- What evidence do you have that supports this thought?
- If this was to come true, how would you cope?
- What would you say to a friend with the same worry?

## Coach yourself through it

Acknowledge your anxiety and coach yourself through it. For example, "I know I'm feeling anxious, that's okay. Or "this too shall pass".

or

## Change focus

Shift attention away from worrying thoughts. Focus on what is happening around you at that moment.

Let the worry go!

