

1. Notice the worry

2. Postpone until Worry time

3. Does worry still seem important? If so:

4. Ask yourself: Can I do anything about it?

No

Yes

**Hypothetical worry**

Use Helpful tips for Worry time sheet to help you tackle hypothetical worries

Try to let go of the worry or accept that repetitive worrying will not help

Refocus your attention

Use Mindfulness and relaxation techniques

**Practical worry**

Use problem-solving technique to create a plan

What? When? How?

Now! Do it! Let go of the worry - Refocus your attention

Later! Set a time and do it! Then let go of the worry - Refocus your attention