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- 1. Notice the worry
- 2. Postpone until Worry time
- 3. Does the worry still seem important? If so:
- 4. Ask yourself: Can I do anything about it?

No

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

Yes

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