Work through your worries

Start at the bottom and work your way up

- Be realistic - will it actually happen?
- Accept uncertainty - you can't predict every outcome
- Practise relaxation techniques, such as deep breathing or progressive muscle relaxation.
- Be present
- Hypothetical worry (not in your control)
- What can I do?
- Create worry-free zones or times
- Manage your mindset
- Think positive - you can and will control it
- Think about your options
- Select the best one. Think about scale and practicality. Now do it!
- What can I do?
- Practical worry (in your control)
- Can you do something about it?
- What are you worried about?

NO

YES

Start here

If you’re concerned about worry, see your GP. They can help you to manage it and get the support you need.