

# Worry Tree

Notice the worry



What am I worrying about?



Is there something I could do about this worry?

yes



no



Use problem solving to  
find a solution

1) Write it down.

2) Think of all the ideas you can to  
solve the problem.

3) Choose the best solution.

4) Make a plan of action to put your  
solution in place.

Let the worry  
go

To do this you could:  
write it down, rip it up, throw it  
away, say it out loud, put it on  
your phone/tablet and then  
delete it.

Focus your attention away from the worry

To do this you could:  
Focus on what you're doing.  
Do something different.

Use the 5, 4, 3, 2, 1 technique by noticing 5 things you can see, 4 things you can hear, 3 things you can feel, 2 things you can smell and 1 thing you can taste.