The Worry tree

MindWell

www.mindwell-leeds.org.uk

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 – Let go of the worry or accept that repetitive worrying will not help

Refocus your attention

Use Mindfulness and relaxation techniques

Yes

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