

09 THINGS TO DO WHEN YOU START TO EXPERIENCE WORRY

 @BELIEVEPHQ



4 Slow down

Slow down and breathe. Take a moment to engage in some deep breathing to calm yourself



3 Evidence

Ask yourself what is the evidence for and against these thoughts



2 Write them down

Get a pen and some paper and write down your worries so you are aware of what they are



1 Problem solve

Think of solutions to your practical worries and how you can best solve them



5 Distinguish

Identify if the thought is a hypothetical or practical worry



6 Worry time

Experiment with worry time. If you experience a worry postpone it for your worry time



7 Be Mindful

Try and stay present. Use all your senses to stay present with what it is you are doing



8 Distract

Start to think of something engaging you can do to take your mind off the worry



9 TALK

Talk to someone about your worries. Get them off your chest

