

## Worry Tree Record

Date and Time	What is the worry?	Can I do something about the worry? (yes or no)	If Yes, Now or later?	If Now, Decide on action	If Later, Decide when and schedule action	Decide on strategy for letting worry go (see below) and record how successful this was. If you did worry- how long for?	Learning points

### Strategies for letting worries go

- ☞ *Remind yourself that worry isn't helping*
- ☞ *Redirect attention to an engaging task*
- ☞ *Mindfulness*
- ☞ *Give yourself a pep talk about living with uncertainty*
- ☞ *Worry Time*

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<i>Set worry aside until your scheduled "worry time" when you can problem solve more effectively</i>	What is the worry?	Can I do something about the worry? (yes or no)	If Yes, Now or later?	If Now, Decide on action	If Later, Decide when and schedule action	Decide on strategy for letting worry go (see below) and record how successful this was. If you did worry- how long for?	Learning points

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