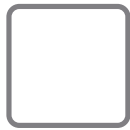


# Working Through Worries

How worried am I right now?



Slightly worried  
but able to function normally



Mildly worried  
growing fear & stress



Worried  
can't focus & overthinking



Very worried  
losing control & physical discomfort

Write down everything that is within your control and what is out of your control. Seeing it on paper helps to put things into perspective.

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What are the top worries in your control at the moment? .



What can be done instead of worrying?

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What can I do to calm my nerves when I feel worried?

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_