

The Worry Waterfall

Listen to your mind and body.



Notice the worry.



Take a deep breath.



Ask yourself, "What am I worrying about?"



Ask yourself, "Is there anything I can do to make the worry go away?"



No



Let go of the worry. It is out of your control.



Yes



Make a plan.

What can I do? When can I do it?



Now!



Do it! Take action.



Let go of the worry.



Reflect on how you feel.



Later!



Decide when.



Let go of the worry.



Reflect on how you feel.