

Five Minutes When Worry Spikes

A short page to work through in the moment, when worry comes on strong.

WHEN TO USE THIS

Use this right now, while it is happening.

In a few words, what set this off?

Take five slow breaths, longer out than in. Make a mark for each one.

Name five things you can see from where you are sitting.

1.

2.

3.

4.

5.

What is the next small thing you need to do today?

It will come down. It always has, even when it did not feel like it would.