

What Actually Helps When Worry Hits

A short list of what has helped you before, written down before you need it.

WHEN TO USE THIS

Use this on a calm day, and keep it somewhere you will find it later.

Tick anything that has ever taken the edge off.

- ☐ Walking or moving around
- ☐ Cold water on my face or hands
- ☐ Talking to one particular person
- ☐ Music or something on in the room
- ☐ Writing it down
- ☐ A job that uses my hands
- ☐ Slowing my breathing out
- ☐ Nothing has helped so far

Put your top three here, in the order you would try them.

1. _____
2. _____
3. _____

What gets in the way of doing these when worry is high?

Where will you keep this list so you can find it?

Pick it up on a bad day. That is what it is for.