

10 TIPS TO MANAGE YOUR WORRYING

 @BELIEVEPHQ



**KEEP A WORRY
DIARY**



**TAKE A MOMENT
TO PAUSE AND
BREATH**



**TRY AND
CHALLENGE
NEGATIVE BELIEFS**



**LEARN TO
PROBLEM SOLVE
EFFECTIVELY**



**BECOME AN
EXPERT AT
RECOGNISING
YOUR WORRIES**



**TRY AND KEEP
THINGS IN
PERSPECTIVE**



STAY IN THE MOMENT



**GIVE YOURSELF
TIME TO WORRY.
ALLOCATE "WORRY
TIME" IN YOUR DAY**



**IF YOU ARE
STRUGGLING ASK
FOR HELP. TALK
TO SOMEONE**



**ASK YOURSELF: WHAT IS
THE EVIDENCE THAT THIS
THOUGHT IS TRUE?**