

10 TIPS TO MANAGE YOUR WORRYING

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**KEEP A WORRY
DIARY**



**TAKE A MOMENT
TO PAUSE AND
BREATHE**



**TRY AND
CHALLENGE
NEGATIVE BELIEFS**



**LEARN TO
PROBLEM SOLVE
EFFECTIVELY**



**BECOME AN
EXPERT AT
RECOGNISING
YOUR WORRIES**



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



**TRY AND KEEP
THINGS IN
PERSPECTIVE**



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



STAY IN THE MOMENT



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