



# Understanding your worries

Understanding your worries can help you to manage any unwanted or unhelpful thoughts. In turn, this can help you to focus your energy on other priorities or relax. The purpose of this flowchart is to encourage you to challenge your worries. Print it off, write down your worry, and follow the chart to try and find a solution. Make a conscious effort to be resolute. If you notice yourself returning to your worry, come back to this flowchart and remind yourself of the decision you made.

