

# The Worry Waterfall

Listen to your mind and body.

Notice the worry.

Take a deep breath.

Ask yourself, "What am I worrying about?"

Ask yourself, "Is there anything I can do to make the worry go away?"

No

Let go of the worry. It is out of your control.

Yes

Make a plan.

What can I do? When can I do it?

Now!

Do it! Take action.

Let go of the worry.

Reflect on how you feel.

Later!

Decide when.

Let go of the worry.

Reflect on how you feel.