

The Worry Waterfall

Listen to your mind and body.

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Notice the worry.

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Take a deep breath.

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Ask yourself, "What am I worrying about?"

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

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No
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Let go of the worry. It is out of your control.

↓
Yes
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Make a plan.

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What can I do? When can I do it?

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Now!
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Do it! Take action.

↓
Later!
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↓
Decide when.

↓
Let go of the worry.

↓
Let go of the worry.

↓
Reflect on how you feel.

↓
Reflect on how you feel.