

TACKLE YOUR ANXIETY



1. Make a list of all the PROBLEMS you think about at night.
2. Decide which ones you have control over and which ones you can't control.
3. FOCUS on the problems you can control and pick one problem that you feel you can tackle.
4. BRAIN STORM about possible solutions for that specific problem.
5. Chose one solution that seems like the best one.
6. Break down the solution into the STEPS that will help you accomplish the solution.
7. Focus on working on the FIRST STEP only.
8. Decide when you will work on taking action on the first step.
9. Acknowledge your effort and recognize your small success.
10. Keep it going!

Make a list of Your worries

Brain Storm for Solutions

Hand-drawn horizontal bars for listing worries, alternating between light and dark peach colors.

Hand-drawn horizontal bars for brainstorming solutions, alternating between light and dark peach colors.

Chose One Problem You can Control :

What is a solution that would work?

Hand-drawn horizontal bar for selecting a controllable problem.

Hand-drawn horizontal bar for describing a solution.