

Stand Up to Your Worries

Catch it, check it, change it

Step 1. Breathe. The most powerful thing that you can do to make yourself the boss of your brain again is to breathe. It sounds so simple - and it is!

Step 2. Catch it!

Catch the unhelpful 'worried' thought. Draw a picture of your worry or put your worry into words by telling an adult or friend. Ask yourself, 'What am I worried about?'

Step 3. Check it!

Question the worry. Is it a real danger or an imagined or unlikely danger? What is the evidence?

Step 4. Change it!

Stand up to your worry using calm, realistic thoughts.

