

Wash Away Your Worries

A plan to help manage your worries

Take note of how you feel.

Take a deep breath.

What are you worrying about?

Is there something you can do to make this worry go away?

Yes?

No?

When can you carry out a plan to make the worry wash away?

Accept this is out of control, let your worry wash away.

Now?

Later?

Do your plan and let your worry wash away!

Do your plan when you can do it and then let your worry wash away!