My Worry Tree

A simple way to sort out worries

Everyone worries sometimes. This leaflet can help you decide whether your worry needs a plan or whether it is time to let it go and focus on something else.

Start here

1. Notice the worry	Pause and ask: What am I worried about?
2. Ask a helpful question	Can I do something about it?
3. If YES	Make a small plan: What? When? How?
4. If NO	Let the worry go for now and move your attention to something else.

Follow the tree

Notice the worry	Take a slow breath and name it.
What am I worrying about?	Try to say it in one sentence.
Can I do something about it?	Ask: Is this a problem I can act on?
YES -> Make a plan	Write down what you will do, when you will do it, and who can help.
NO -> Let it go for now	Tell yourself: I do not need to solve this right now.
Refocus	Choose something helpful: draw, play, breathe, stretch, talk to someone, read, listen to music.

Ways to change your focus

Use your senses Name 5 things you can see, 4 you can feel, 3 you can hear.	**Move your body** Stretch, walk, shake out your hands, or do 10 star jumps.	**Talk to someone** Tell a trusted friend/family what is on your mind.
Do something calm Colour, cuddle a toy, read, or listen to music.	**Save it for later** Write the worry down and come back to it at worry time.	**Be kind to yourself** Say: It is okay to have worries. I can handle this step by step.

My worry today

What is my worry?
Can I do something about it?
If yes, what is my plan?
If no, what can help me refocus?

Cheta Wellness leaflet adapted from Hope and Butler (2007).

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