BREAK IT DOWN
managing stress

Choose a thought that has worried you or caused you anxiety.

Is it based on a feeling or actual fact? **FEELING / FACT**

Is it possible for my thought to come true? **YES / NO**

Will it still matter to me tomorrow or in the future? **YES / NO**

What is the worst that can happen if it does come true?

What can I do to handle the situation or thought in a positive way?

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List people who you can turn to for support.

Name?

How they can help?

How can you use the help to reduce the stress right now?

Do you do anything that makes it worse?

How you have effectively handled it in your past?