

# STOP WORRYING

## GENERAL: SOLVING WORRIES AND PROBLEMS

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- If you know the solution, solve the problem. Ask for help if you need it.
- If you don't know the solution, ask someone to help you think of one.
- If there's nothing you can do to solve the problem yourself, find something to take your mind off it. Preferably something which you enjoy or find relaxing.

## TIPS FOR DURING THE DAY

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### A daily moment of reflection

Find a quiet place to sit at the end of the afternoon. Take a pencil and paper and write down:

- What happened today?
- What do I still need to do?
- What am I still worried about?

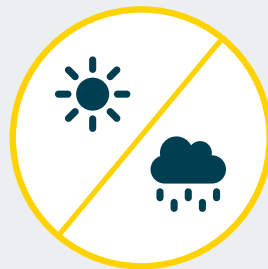
Spend 15 minutes on this and then put the list away.



### Make a to-do list

Make a list of the things you need to do. Decide when you are going to these things.

- If you can't do it alone or find it difficult, ask for help.



### Think positive

This isn't easy, but you can choose for yourself the glasses through which you see the world. Dark glasses make everything seem negative. Brightly coloured glasses make everything look more positive. The following questions can help you to see your worries in a more positive light:

- Is what I think actually true?  
Can I look at it differently (through more brightly coloured glasses)?
- What would you say to a friend who was facing the same problem?



### Let go of your worries

Some things you just can't change. It is pointless to keep thinking about such things. And keeping yourself busy so that you don't have to think about them, that doesn't help either. How can you let really let something go?

- Find a quiet place to sit and breath steadily in and out.
- Imagine that you are sitting somewhere peaceful. A cloud drifts by and you can load all your problems onto it. Watch how the cloud slowly floats away, taking your problems with it.
- Remain calmly focused on your breathing.

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## TIPS FOR DURING THE NIGHT

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You have written your worries down during the day. At night you don't need to do anything more about them. If you think of a worry which you haven't yet written down, get out of bed quickly to make a note of it. Then go back to bed.



If you haven't yet written down your worry, get out of bed for a moment and write it down. Then go back to bed.



If you can't stop worrying, try to think of something nice instead. Or take a few minutes to repeat to yourself a word like: "calm" or "sun" or "sail".



Relax your body. Breath steadily in and out. Tense all your muscles for three seconds and then relax them again.

