



Worry Less

LIVE MORE!

WORKSHEET

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WORRY LESS, LIVE MORE

Worrying isn't just uncomfortable. It's also hazardous to your physical and mental health.

Most of the worrying you do isn't helpful. Fortunately, there are things you can do to help you minimise your worry, improve your mental health and the quality of your life.

Answer the following questions to gain a better perspective of your worrying and begin to work on a plan to help control it.

1. When am I most likely to become worried? What in my life causes me to worry?

2. What is likely to happen to my health if I fail to control my worrying?



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3. What steps can I take to minimise the amount of time I spend worrying?

4. What are three healthy activities that I could do instead of worrying?

5. How can I train my mind to focus on solutions instead of worrying?



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6. What are the likely outcomes if I allow myself to dwell on the past or the future?

7. Which aspects of my life can I begin to increase my focus in positive ways? How?

Congratulations! You've now learned what circumstances and situations trigger your worry and some alternative activities you can do instead to enjoy living for today and improve your mental health.

Keep in touch!

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