

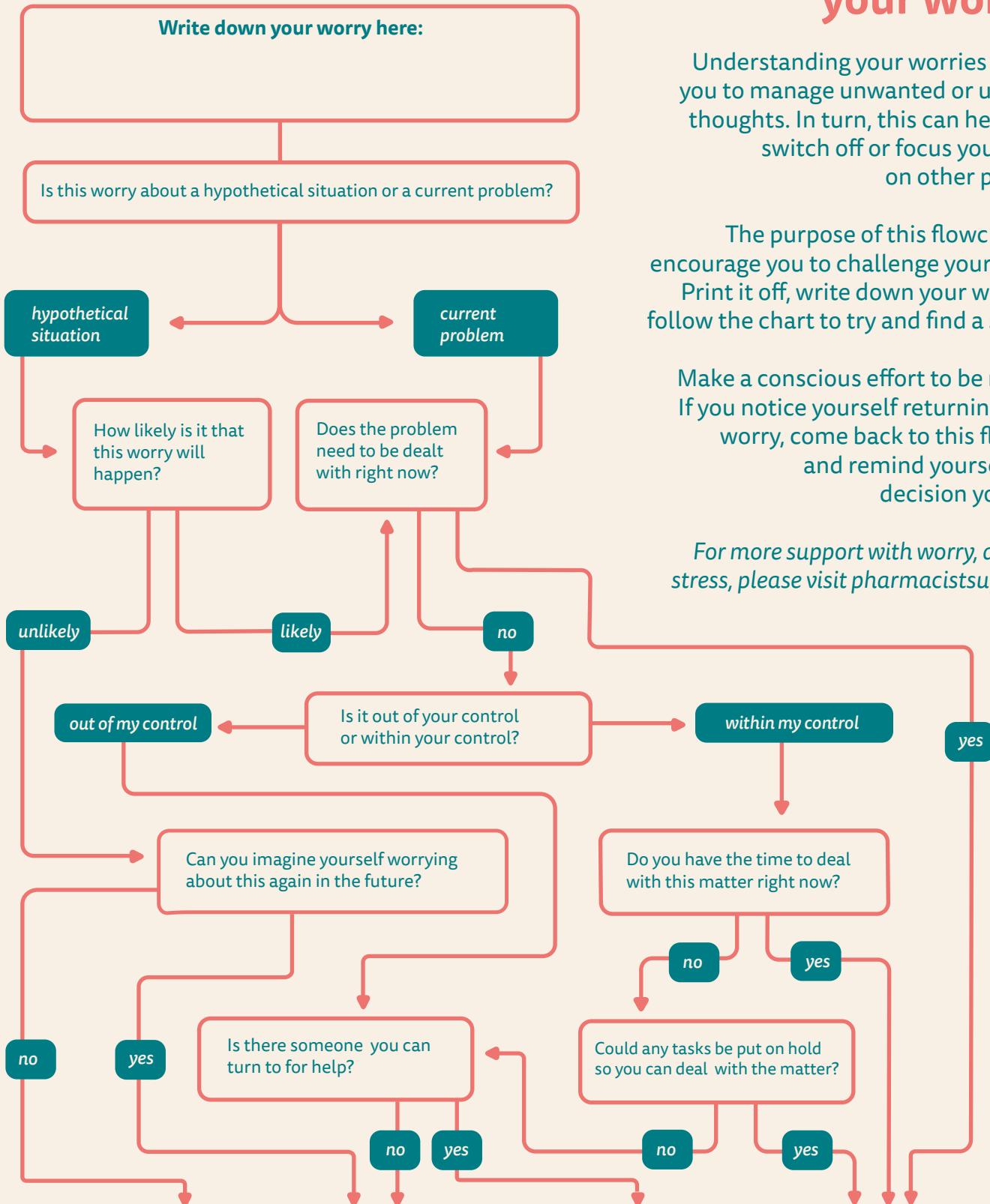
Understanding your worries

Understanding your worries can help you to manage unwanted or unhelpful thoughts. In turn, this can help you to switch off or focus your energy on other priorities.

The purpose of this flowchart is to encourage you to challenge your worries. Print it off, write down your worry, and follow the chart to try and find a solution.

Make a conscious effort to be resolute. If you notice yourself returning to your worry, come back to this flowchart and remind yourself of the decision you made.

For more support with worry, anxiety or stress, please visit pharmacistsupport.org



This worry isn't helpful to your wellbeing right now. Next time an unrealistic worry arises, stop to examine the belief which is driving the worry and ask yourself, is it rational or irrational?

It sometimes helps to imagine ourselves removed from the scenario. What advice would you give to someone else if they were having a thought like this? Remember you're not alone. Our Counselling and Peer Support service is available for those who would benefit from talking therapy.

Consider talking through your worry with someone you trust or asking them for help. They may be able to help you resolve your concerns in a way in which you hadn't yet thought about.

Think about the situation you are in now and where you would like to be. Which of your strengths can be used to deal with this problem? Who can help you? It can also help to schedule some time to work on the issue.