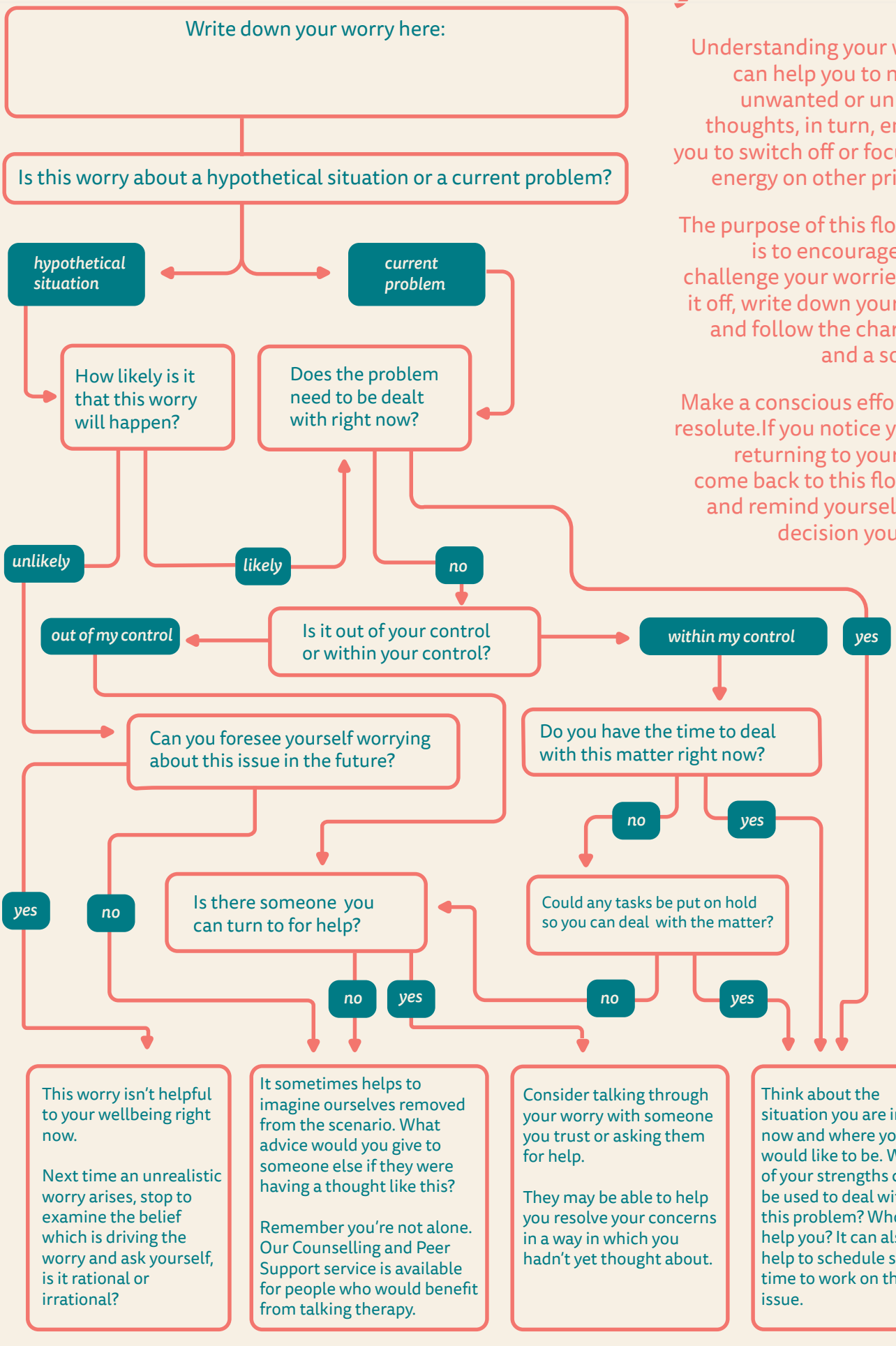
PHARMACIST SUPPORT

Understanding your worries.

Understanding your worries can help you to manage unwanted or unhelpful thoughts, in turn, enabling 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 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.