## What am I worrying about? Is this a problem I can do something about? Let the worry go, and focus Work out what you could do. on something else that is List your options. important to you right now. Is there anything I can do right now? Plan what you could do and when you will do it. Do it now. Then let the worry go, and focus on something else that is important to you right now. Then let the worry go, and focus on something else that is important to you right now.