

The Worry Tree

Sometimes when we're stressed or anxious, we can find ourselves worrying about the 'what ifs.' Before you know it, hours can go past and you're still worrying. Use the worry tree to help manage your worries.

Start here

What you will need:



pen & paper



5-10 minutes



*A hypothetical situation is one in which we imagine 'what if.'

We do not have the power to change a hypothetical situation. For example: 'What if I fall over in front of everyone on the bus?'