

# HOW TO SQUASH WORRY

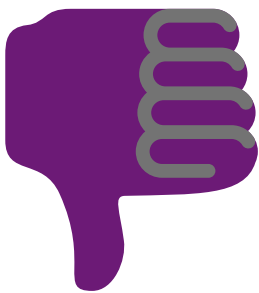


## MANAGE YOUR THOUGHTS

- Is this something you can control?
- Is this a fair and realistic thought?
- Is this true - do you have all the facts?
- Did you get the right information?

## MANAGE YOUR BODY

- Breathe deeply and slowly
- Shake your "asstitude"
- Exercise and move
- Manage food and water intake
- Get sleep



## MANAGE YOUR NEGATIVITY

- Focus on positive things that can happen
- Make a list of things you are grateful for
- What can you learn from this?
- Thank someone for their help

## MANAGE YOUR TIME

- Take time for things that give you energy
- Block time for productive tasks
- Set boundaries with others
- Set time for microbreaks



## MANAGE YOUR EMOTIONS

- Do things that make you laugh
- Give yourself positive self talk
- Give yourself time away
- Communicate your needs to others

## MANAGE YOUR RESOURCES

- Ask for help from family and friends
- Seek out professional resources
- Call your Employee Assistance Program
- Seek out community services and supports
- Contact an Occupational Therapist



YOU ARE IN CONTROL OF YOUR RESPONSE