

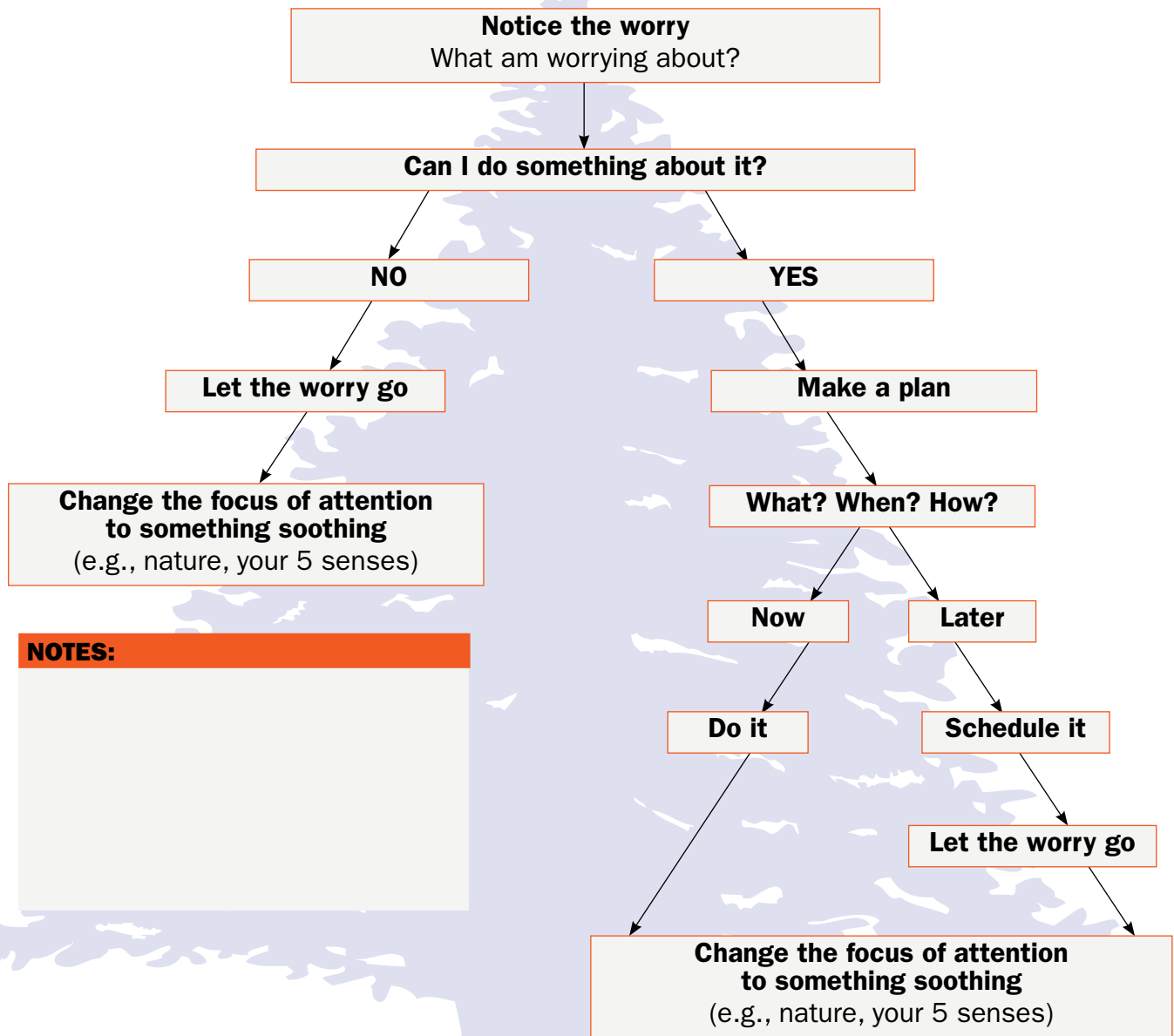


# The Worry Tree

Use this handout to help you work through a specific health concern that you have.

The Worry Tree is a tool to help you figure out the best thing to do when you're anxious about something.

This activity helps you to use your worries to solve problems and make a plan to deal with them. You may also choose to let go of any worries about things that are not likely to happen or about things you cannot do anything about right now. Writing down your answers may be helpful.



**Sources:**

- 1) Primary Care Network South Calgary. *Health resources*. <https://www.spcn.ca/resources/>
- 2) *The worry tree*. Adapted from Butler & Hope 2007 <https://www.getselfhelp.co.uk/docs/worrytree.pdf>

