

Managing anxious thoughts

Managing anxious thoughts is a key way to ease mental pressure on ourselves.

Use this simple guide to help you gain control over worries, fears and anxious thoughts. You may find it easier asking someone to help you with it. Three simple steps to take:

1. What is your thought? Write down that worry or concern, try to be specific i.e. *'I don't know what is happening with exams and I feel uncertain.'*
2. What would I like to happen? Write the outcome you desire about the thought i.e. *'I want to know what is happening so I can plan'*
3. What do I need to do? Write the actions and steps you can take to bring about the change you desire i.e. *'I can email my head of year'.*

What is my thought?	What would I like to happen?	What do I need to do?