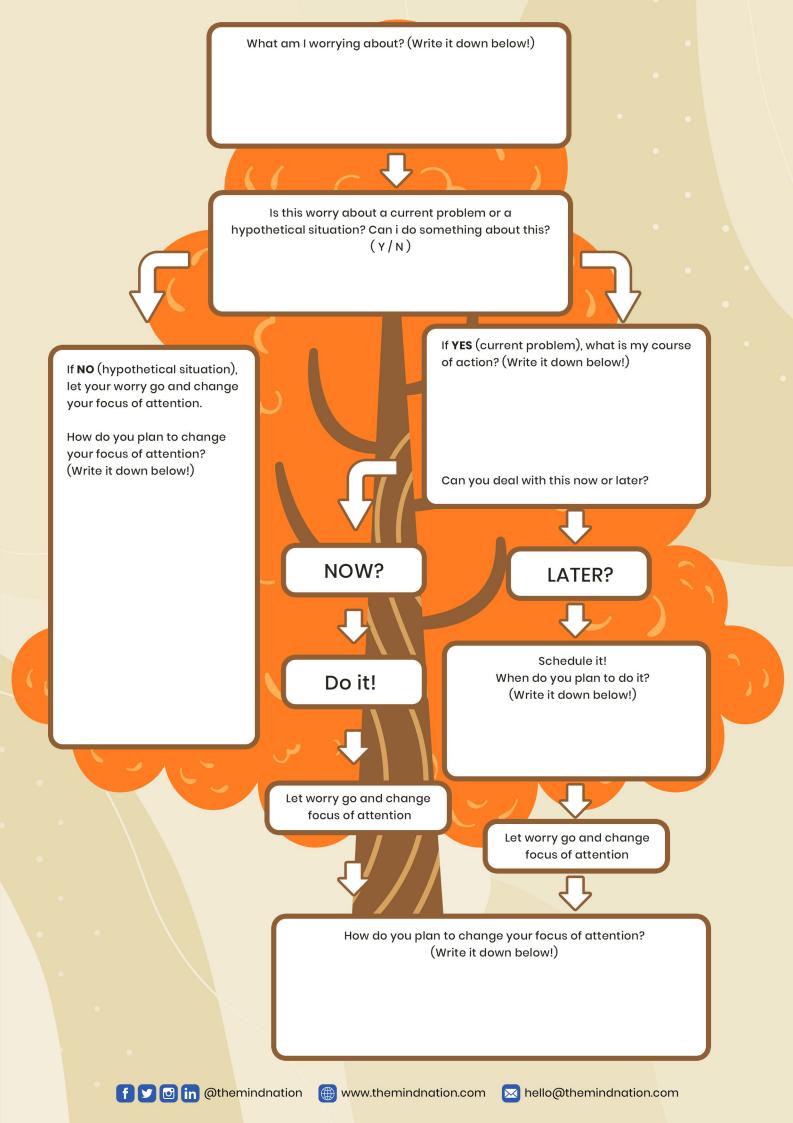


THE WORRY TREE

The Worry Tree is designed to help you think differently when it comes to things that worry you. By breaking down your worries and diving deeper into what is going on, you start to gain a new perspective.





By doing this exercise, it will help you to see more clearly as you can see other outcomes and be able to change the focus of your attention.





Note that these activities are best done with a mental health professional. There is absolutely no shame in asking for help. If you feel the need to talk to someone, we encourage you to reach out to us through this link: http://bit.ly/MNhelp. Our psychologists are ready to help you.







