

WORRY CLOUD

When there's a lot going on in our lives, it's so easy to be filled with worry. However, these worries can be tamed. This worksheet allows you to determine the worries you have in your head and find ways to help make those worries smaller. By doing this, it will help you have a less cluttered headspace.

WHAT TO DO:

1. Write on the middle cloud and describe your biggest worry right now (ex. My biggest worry right now is the project I'm handling)
2. Write the ways/solutions you can do on the surrounding clouds to help make your big worry cloud smaller (ex. Asking for help, staying organized, handling one task at a time)



solution:

solution:

solution:

What am I worried about?

solution:

solution:

solution:



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.



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