

How to manage your worries

In an uncertain and challenging time like this, it is very understandable if you are feeling worried or stressed. You certainly won't be the only person feeling like this.

In this situation, it's important that we are kind and look after ourselves, particularly if the worries feel overwhelming or unmanageable.

You may find the following diagram helpful for managing your worries.

Start at the bottom of the tree trunk and work your way up:

