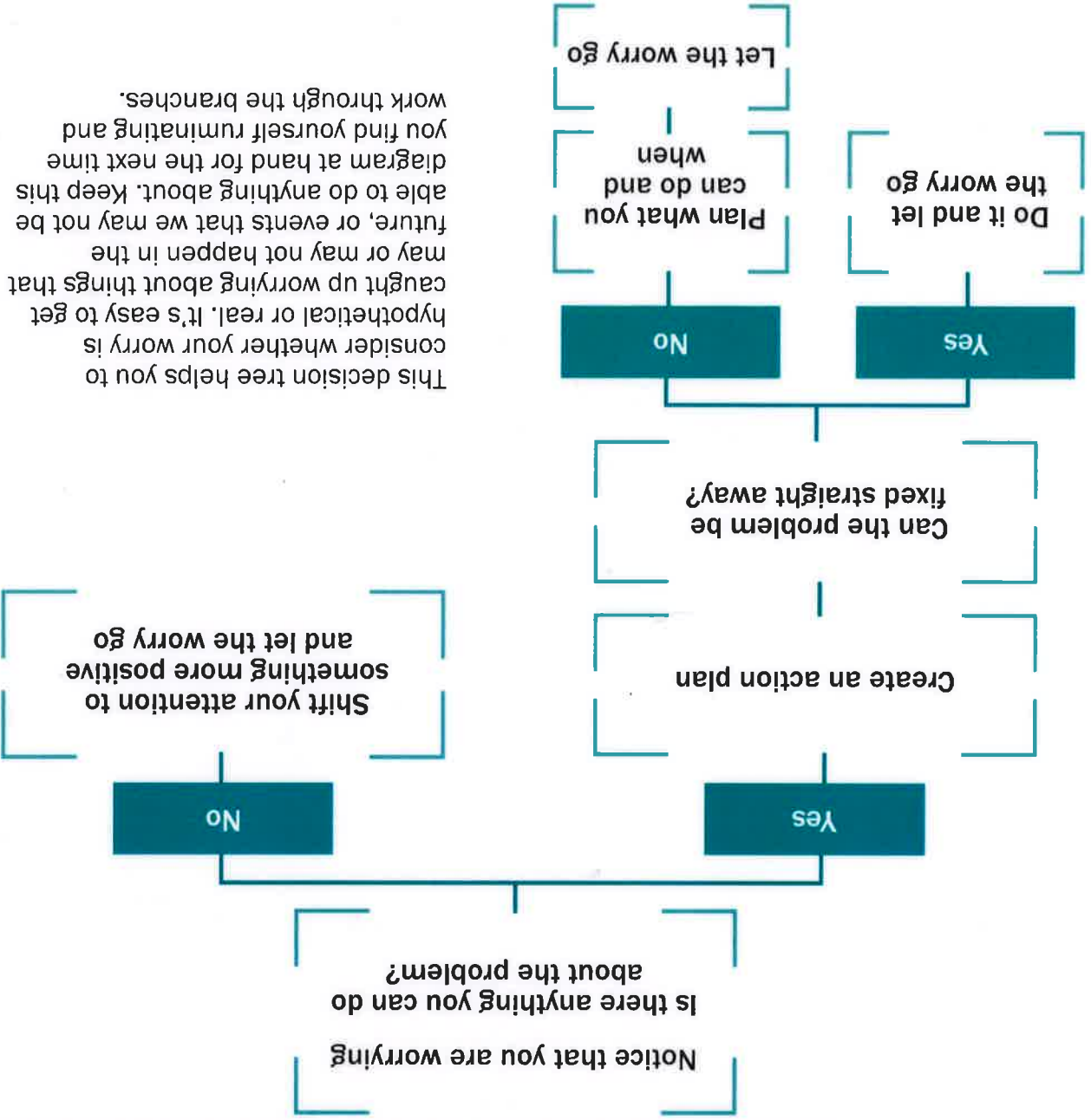


# Stress Management

The worry tree



This decision tree helps you to consider whether your worry is hypothetical or real. It's easy to get caught up worrying about things that may or may not happen in the future, or events that we may not be able to do anything about. Keep this diagram at hand for the next time you find yourself ruminating and work through the branches.