

2.4.3 Emotional Wellbeing: When I feel sad or worried

Old Wormwart's cure for worrying

Don't let your worries get out of hand.

If you think you are beginning to worry, do something now.

Catch that worry! Have a good look and check that it is a *Useless Worry* and not a *Useful Thought*.



Old Wormwart

If it is a *Useful Thought*, take it by the hand and do something with it.

If it is a *Useless Worry*, say, 'You Useless Worry, go away and leave me be!'

But worries don't go that easily. They often fight back. So relax. A *Useless Worry* can't stand a calm and relaxed mind.

But some worries are fighters. They won't go away. Try challenging it! Say, 'Useless Worry, you are lying!' Then tell it all the things that show the worry isn't true. Things like:

- Last time things were okay ...
- That isn't true because...
- That is really rare ...
- You don't get ...

But sometimes worries won't go away, or are very important or dangerous, and you need to TALK ABOUT THEM to someone who will listen.
