

## JOT FOR JOY

Writing down worries sends a message to the brain that its warnings have been heard, which can break the cycle of anxious thoughts. Try this two-step exercise to help calm any nerves.

### 1 WHAT'S THE WORRY?

Note down exactly what it is that you're worried might happen. Try to let the thoughts flow out onto the page without monitoring either them or the words you're using to describe them.

### 2 WHAT'S THE PLAN?

Since a lot of anxiety is fuelled by fear of the unknown, it helps to have a plan – what would you do if whatever you're worried about actually occurred? Jot down a few ideas. You might like to think about what you would say and prepare a sentence or two, or consider some steps you could take to diffuse the situation.

