A PAUSE, A PRACTICE, A NEXT STEP

Worry

A mind trying to prepare for every possibility.

Use a few words, draw, or talk this through. Skip anything that does not fit. This is an educational worksheet, not a diagnostic test or a substitute for care.

What it feels like

You may feel pulled into future problems while a task, conversation, or moment of rest passes by. Your shoulders or stomach may tighten.

01 / Notice and reflect

Is there a decision I can make now?

02 / Notice and reflect

What deserves my attention for the next five minutes?

03 / One next step

What will I try next, and what support would make it easier?

When to seek help: Seek help if worry regularly disrupts sleep or daily activities. Support is available before you reach a breaking point.

Read more: NIMH · Generalized anxiety disorder

More tools and immediate support: Our Healing Room / Crisis Support.

U.S. crisis support: call or text 988. In immediate danger, call 911.