



VICTORIA HOWELL
HEALTH & WELLBEING

Hot thought- Write your thought/worry down	Anxiety scale 1-hardly anything- manageable 10-extreme	Write the evidence to support your thought/worry	Write down the facts	Anxiety scale now 1-hardly anything 10-extreme
<p>Example: After my conversation with Poppy, I felt great. When I was home cooking dinner, I had a whoosh of anxiety creep into my stomach, making me hot. I worried I said the wrong thing and now something bad may happen. What if she doesn't like me anymore?</p>	<p>8 Physical anxiety and ruminating, what if this? What if that? Making my anxiety worse</p>	<p>Poppy hasn't text me to tell me she enjoyed our chat.</p>	<p>Actually, Poppy did tell me that she had a meeting to travel to and wasn't looking forward to getting back late home. This explains why she hasn't messaged me. Poppy did say that she wanted to meet me for coffee next week to talk about a mutual friends Birthday surprise.</p>	<p>3 I feel better now, the anxiety hasn't gone but is much more manageable now</p>
