



Healthier Together

Abdominal pain Worksheet 8

Worry Tree

What is making you worry?

Can you do anything about it?

Try to distract myself to ease my worry

Make a mind-map or list showing what different things I can do to stop or improve my worry

Can I do anything about it right now?

Yes, I can

No, I cannot do anything about it in this moment

Do this now!

Stop worrying and distract myself

Make a mind-map or action plan of what I can do in the future to help ease my worry.

Do my best to stop worrying by distracting myself, until I can action my plan.

Tip: make your mind-maps and lists colourful, you will be more likely to remember what you have written, and engage with the material more!