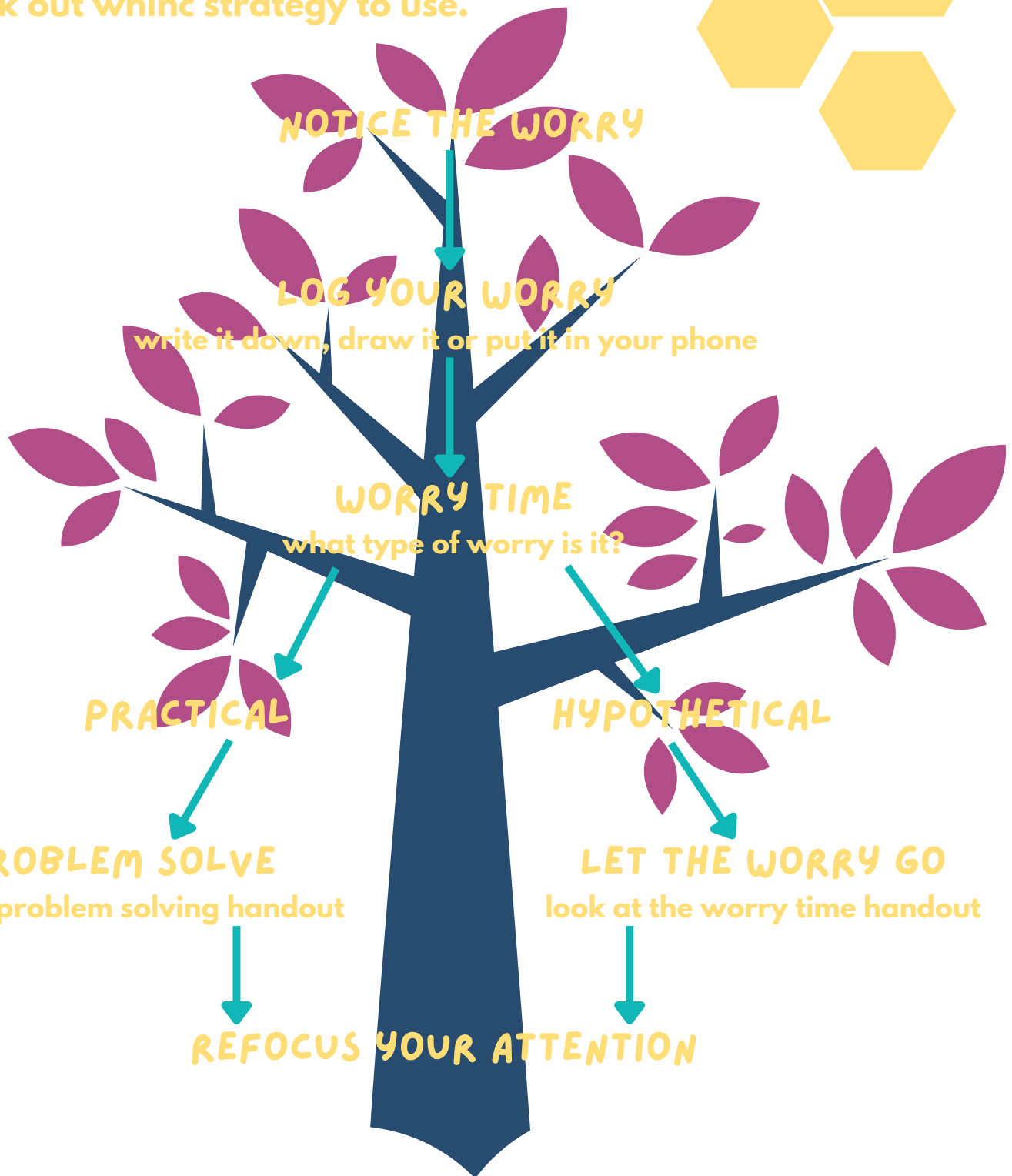


WORRY TREE

The worry tree can help you manage your worries. Start at the top of the tree and follow it down to work out which strategy to use.



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