## **WORRY TREE TOOL**



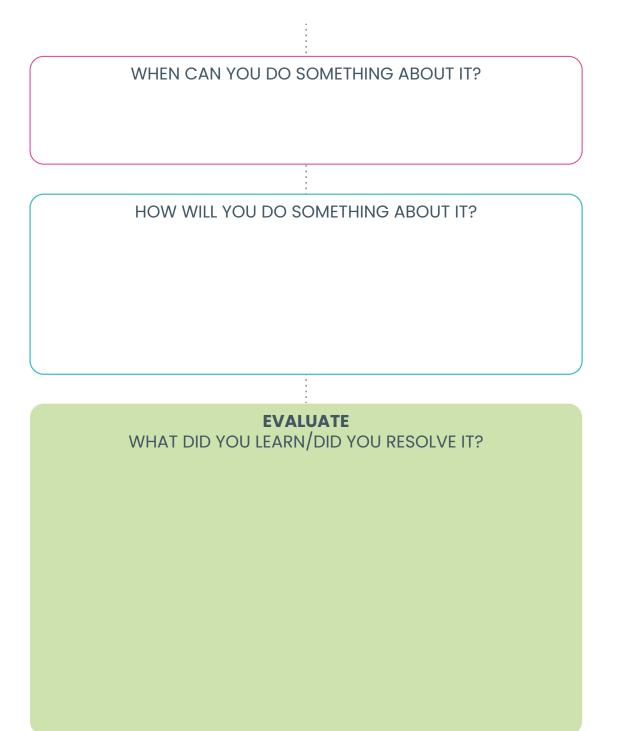
The brain has a limited reserve of energy, so when we fret, we make ourselves tired. Focusing only on real problems that genuinely deserve our attention, rather than imagined problems, gives us more bandwidth to deal with the issues at hand. This tool is called The Worry Tree, for you to try out next time you are feeling anxious.



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