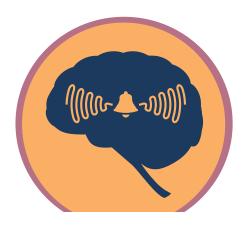


OVERTHINKING & ANXIETY



Be KIND to yourself We all do it.



Notice that you are doing it - tune into your thoughts.



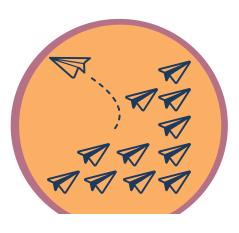
Remind yourself that no one else is giving this much attention.



Review your thinking using the accountability ladder.



Challenge your thinking worst case and evidence.



If you can't change your THINKING change your BEHAVIOUR.

<u>www.peopleandodpartners.com</u> admin@peopleandodpartners.com



@dawnjarvispeopleandod



@dawnjarvispeopleandod



<u>@dawniejarv</u>