**Interrupting the Anxiety/Worrying Loop**

• Literally say “stop” either out loud or inside your mind to yourself.

• Visualize “stop”, a stop sign or a red light.

• Use a physical reminder – elastic band on your wrist, “worry” rock in your pocket.





**Monitor the new strategies you are trying.**

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| Strategy I am trying | When did I try it? | How did it affect my day? | General level of distress (0-10) |
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