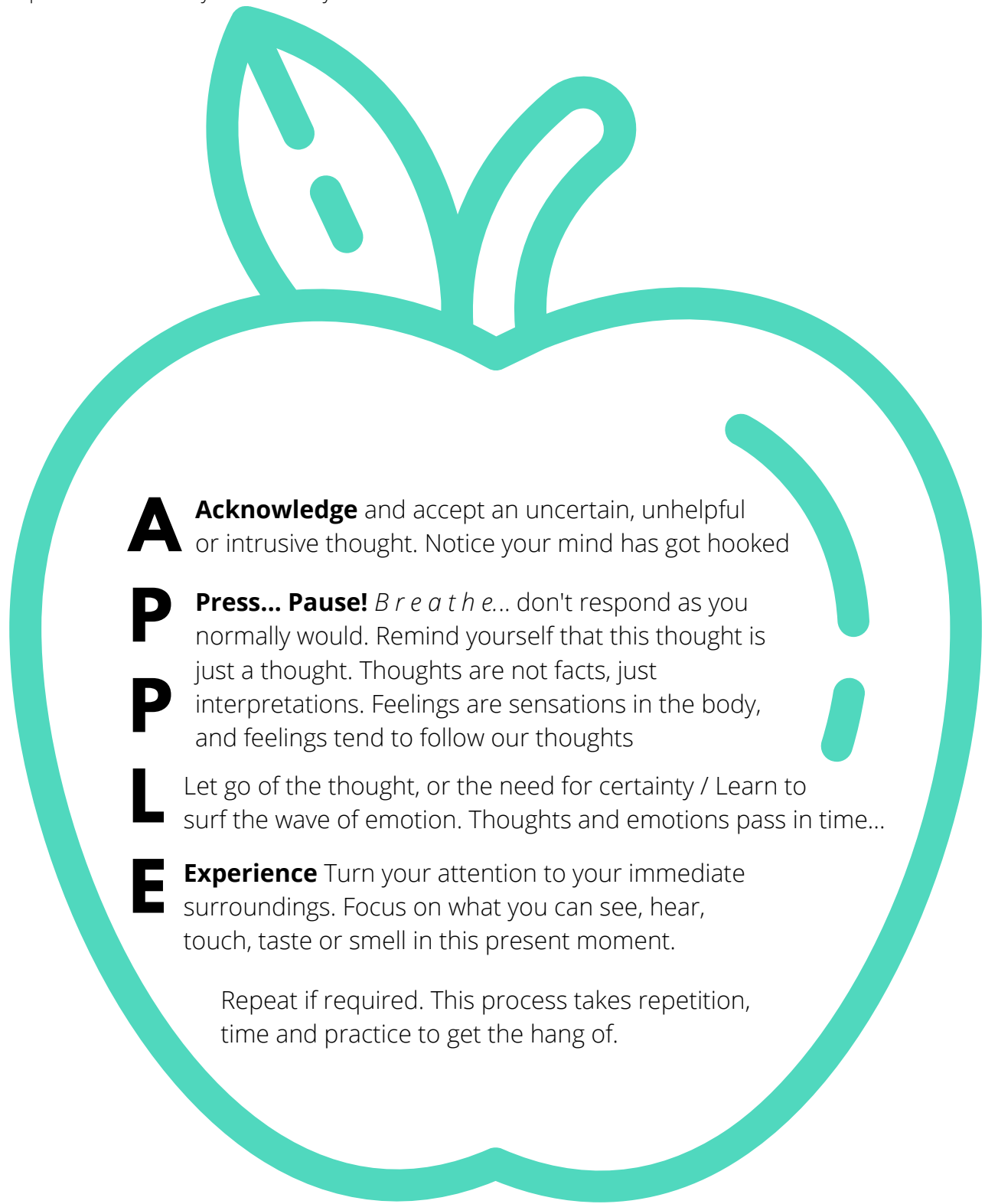


A Mindful Way to Manage Anxious Thoughts

When we are anxious or worried, our minds become future focused, trying to be prepared and obtain certainty about a future which can never be certain. Worry and overthinking feed doubts and anxiety. This can become automatic. Learning to recognise and refocus your attention outside of the thoughts can help you to manage worry and uncertainty. These bite-sized steps can help you to respond to uncertainty in a new way. Think APPLE!



A **Acknowledge** and accept an uncertain, unhelpful or intrusive thought. Notice your mind has got hooked

P **Press... Pause!** *B r e a t h e...* don't respond as you normally would. Remind yourself that this thought is just a thought. Thoughts are not facts, just interpretations. Feelings are sensations in the body, and feelings tend to follow our thoughts

L Let go of the thought, or the need for certainty / Learn to surf the wave of emotion. Thoughts and emotions pass in time...

E **Experience** Turn your attention to your immediate surroundings. Focus on what you can see, hear, touch, taste or smell in this present moment.

Repeat if required. This process takes repetition, time and practice to get the hang of.