

# Healthy Thinking

**Sort out Facts from Guesses:** When people worry, they tend to focus more on guesses than on the facts.

List Facts

List Guesses

**What can I control?** When people worry, they tend to focus more on the things that are out of their control and less on the things in their control.

List what is in my control

List what is out of my control

**Is this a solvable problem?**

If yes, solve the problem.

If no, find a way to let it go.