Catch it, check it, challenge it, change it

When you notice an anxious thought it can be useful to check them to see if there is another

* more balanced way of thinking
* that acknowledges the situation but
* makes you feel better and
* helps you cope

CATCH IT **–** What anxious thoughts are tumbling around your head?

CHECK IT– Are you thinking that things are worse than they really are?

CHALLENGE IT– What is the evidence to support or challenge these thoughts? Is there something you have overlooked?

CHANGE IT– Is there another more helpful and balanced way of thinking?