



*Feel anxious, angry, sad, etc.*

*Pause*

*"Reel it in" - trim away your judgements and only consider facts*

*Is it still bothering you?*

*No*

*Yes*

*Ask yourself: "Is it completely up to me"?*

*Yes (rare)*

*No (common)*

*Remind yourself that this shouldn't be your concern*

*If the feeling returns...*