

NAILing Worry

Notice

Notice the 'what if?'. The moment you hear 'what if' notice 'ah I'm beginning to worry.'

Allow

Don't push back or resist. It won't push it out of your mind

Investigate

Think 'what is making me feel this way?'. If there's something you can do, do it. If not, move on to step 4

Leave it until Later

Make an appointment with yourself to worry, try and think of solutions to what is stressing you and then leave it