

On my MIND

From time to time, we **all** find ourselves feeling **stressed or overwhelmed**. This worksheet is designed to help get your **thoughts** out of your brain and **onto paper** to effectively **organise your stressors** and feel more **in control**.

Date:

Things that are bothering me...

What I can do about these things...

Things I can forget about...

If you found this helpful then join our **Wellbeing Community** on **Facebook** for more **tips, tricks, helpful resources** and to share your progress with other members!