I will focus on problem solving

Focusing on the solution rather than the problem can help us resolve our worries.

My worry: ________________________________
________________________________________

Possible solution #1: ______________________
☐ Pro: ________________________________
☐ Con: ________________________________

Possible solution #2: ______________________
☐ Pro: ________________________________
☐ Con: ________________________________

Did this Personal Medicine work for me?  
☐ Yes, I will use it again  ☐ No, I will try another
I will shine a light on my worries

Being alone with our worries can make them grow larger than life. Sharing our worries with a person we trust can be a relief.

The worries I will share:

1. __________________________
2. __________________________
3. __________________________
4. __________________________

I will share with: __________________________

Did this Personal Medicine work for me?
☐ Yes, I will use it again  ☐ No, I will try another
Worrying about life can sometimes get in the way of living life. We can take charge of our worries by writing them down and putting them away in a drawer. When the time is right, we can review our list.

My worry list:

1. 
2. 
3. 
4. 

Did this Personal Medicine work for me?
☐ Yes, I will use it again  ☐ No, I will try another
Most of what we worry about doesn’t happen. Challenging our worries can help.

The worry I will challenge:

What’s the worst that could happen?

What’s the best that could happen?

What’s the most likely thing that will happen?

Did this Personal Medicine work for me?
☐ Yes, I will use it again  ☐ No, I will try another
Worrying can drain the time away from our days. By setting a time limit for worrying, we acknowledge the importance of the things we worry about while managing our worry so it does not overtake us.

A contract with myself:

- I will allow myself to worry ______ times per day
- Each worry session will last _____ minutes
- I will set a timer to ensure I stop when time is up
- I will reward myself for keeping my contract. My reward will be:

Did this Personal Medicine work for me?
☐ Yes, I will use it again  ☐ No, I will try another
Worrisome thoughts often start with “what if...” Substituting “how can I” turns a worry into a problem to be solved. For example, “What if I fail the exam?”, is a “what if” worry. “How can I prepare for the exam” turns our worry into a problem we can do something about.

My “what if” worry: My “how can I” thought:

____________________  ____________________

____________________  ____________________

____________________  ____________________

____________________  ____________________

Did this Personal Medicine work for me?
☐ Yes, I will use it again  ☐ No, I will try another
“Grant me the serenity to accept the things I cannot change, the courage to change the things I can and the wisdom to know the difference.”

This is the famous Serenity Prayer from AA. It can help us shrink worry down to size.

My worry: _____________________________

The things I cannot change:  The things I will change:

________________________  ______________________

________________________  ______________________

I will repeat the Serenity Prayer when: ________________

________________________

Did this Personal Medicine work for me?
☐ Yes, I will use it again  ☐ No, I will try another
“Worry does not empty tomorrow of its sorrow. It empties today of its strength.” - Corrie ten Boom

This powerful affirmation is a gentle way to remind ourselves of the futility of worrying about things that may not happen. You can borrow or rewrite this affirmation, or create your own.

My affirmation: _________________________

_____________________________________

I will use my affirmation when: __________

Did this Personal Medicine work for me?
☐ Yes, I will use it again  ☐ No, I will try another
Sometimes worry is fueled by procrastination. Procrastination means putting off what we need to do. For instance, putting off doing our taxes can lead to worrying about making the final deadline. Facing our worry and doing something about it today can help.

I am procrastinating about: ________________________
____________________________________________
____________________________________________

One action I can take today: ______________________
____________________________________________

Did this Personal Medicine work for me?
☐ Yes, I will use it again ☐ No, I will try another
Researchers estimate we have over 4,000 thoughts a day. Some are bound to be worrisome. But just because we have a thought, it doesn’t mean we have to focus on it. Rather than entertaining worrisome thoughts, we can choose to watch them float by like a leaf in a stream.

My worrisome thoughts: Will I focus or let it float?

☐ Focus  ☐ Float

☐ Focus  ☐ Float

☐ Focus  ☐ Float

☐ Focus  ☐ Float

Did this Personal Medicine work for me?
☐ Yes, I will use it again  ☐ No, I will try another
Worry often involves future events. We can’t be in the future and be in the present at the same time. When overwhelmed with worry, getting grounded in the present can help.

Step 1: Name out loud 5 things I can see (Example: Leaves blowing, photo on my wall, a blue book, wooden floor, a black plug)

Step 2: Name out loud 3 things I can hear (Example: A fan, someone talking, the wind blowing)

Step 3: Name out loud 1 thing I am sensing (Example: My elbows on the arms of my chair)

Step 4: Repeat as necessary until you feel grounded in the present

I will use this when: ________________________________

Did this Personal Medicine work for me?
☐ Yes, I will use it again ☐ No, I will try another
Worry creates stress in our mind and body. Worrying a lot can actually weaken our body’s ability to fight infection. That can lead to the flu, diabetes, heart disease and other illnesses. Excessive worry can even cause weight gain. Yoga, meditation, exercise, a healthy diet and other strategies can keep us well during worrisome times.

<table>
<thead>
<tr>
<th>What I am worrying about:</th>
<th>__________________________</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>__________________________</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>How I will stay healthy:</th>
<th>__________________________</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>__________________________</td>
</tr>
</tbody>
</table>

Did this Personal Medicine work for me?  
☐ Yes, I will use it again  ☐ No, I will try another
During worrisome times, the media can make things seem much worse than they really are. Too much media can make our worries worse. Limiting our exposure to the news can help.

I will limit my exposure to TV, radio, internet and social media.

News stories I am worried about: ___________________
______________________________________________

I will:
☐ Limit my media to: ___________________________
☐ Limit media exposure to _____ minutes per day
☐ Other: _______________________________________
☐ Other: _______________________________________

Did this Personal Medicine work for me?
☐ Yes, I will use it again ☐ No, I will try another
I will...

Is my Personal Medicine powerful?

Is it a specific activity, not a feeling or state-of-being? ☐ Yes ☐ No
Is it something I do now, not a future goal? ☐ Yes ☐ No
Is it something I do, not something I take? ☐ Yes ☐ No
Does it say how it helps me?

Did this Personal Medicine work for me?
☐ Yes, I will use it again ☐ No, I will try another

I will...

Is my Personal Medicine powerful?

Is it a specific activity, not a feeling or state-of-being? ☐ Yes ☐ No
Is it something I do now, not a future goal? ☐ Yes ☐ No
Is it something I do, not something I take? ☐ Yes ☐ No
Does it say how it helps me?

Did this Personal Medicine work for me?
☐ Yes, I will use it again ☐ No, I will try another