

Reducing anxiety



ANXIETY =
UNCERTAINTY X POWERLESSNESS

Make notes in each of the four columns to offload and organise the details of whatever you're feeling anxious about.

What I know	What I don't know	What I can influence	What I can't influence

Adapted from Emotional Equations by Chip Conley

Anxiety is about the future, about something that hasn't happened yet. This table enables you to reduce your anxiety by focusing your attention on what you can influence.

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Insights from today's resilience habit

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Intention for tomorrow

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