

## **Problem Solving Sheet**

## Get unstuck from the worry spiral

Anxiety is a natural response to uncertainty. Worry or "what-if" thinking is an ineffective attempt to solve a problem and relieve anxiety. Unfortunately, worrying doesn't improve the situation but worsens the anxiety.

Real problems have real solutions. This worksheet is one strategy that can be used anytime you find yourself stuck in a worry.

What am I worried about? (Write down your worry/worries)	Thoughts + label (Write down your thoughts and label them as useful or useless)	What am I going to do about it before? (something, nothing, plan something)

Brainstorm possible solutions	Assess solutions and pick one
Specific steps for implementing the solution	Review outcome
Specific steps for implementing the solution	Review outcome (In what way was it effective/not effective?)
Specific steps for implementing the solution	Review outcome (In what way was it effective/not effective?)
Specific steps for implementing the solution	
Specific steps for implementing the solution	
Specific steps for implementing the solution	
Specific steps for implementing the solution	
Specific steps for implementing the solution	
Specific steps for implementing the solution	
Specific steps for implementing the solution	
Specific steps for implementing the solution	
Specific steps for implementing the solution	
Specific steps for implementing the solution	
Specific steps for implementing the solution	

**Explore more** Real Goals and Supplemental Resources

For help translating or understanding this, please call (800) 635-9233. (TTY dial 711)

©2023 Dean Health Plan, Inc. and Dean Health Insurance, Inc. All rights reserved. We do not recommend, endorse or make any representation about the efficacy, appropriateness, or suitability of any program, training, or activity eligible for points under the Living Healthy program. Such programs, trainings, and activities are not intended to be a substitute for professional medical advice, diagnosis, or treatment. If any individual has or may have a medical or psychological condition, they should consult a medical professional before beginning any programs, trainings, or activities.