

Katherine Horstmann Nutrition

The '5 step release' (from Dr Chatterjee's

'Feel better in 5')

Write down the following each morning (or when you feel anxious):-

1. What is the 1 thing I feel anxious about today?

2. What's 1 practical thing I can do to prepare or prevent it?

3. What's 1 reason it probably won't be as bad as I think?

4. 1 reason I can probably handle it.

5. 1 up side of the situation.

