

ANXIETY UK RECOMMENDS THE “APPLE” TECHNIQUE

ACKNOWLEDGE: Notice and acknowledge the uncertainty as it comes to mind.

PAUSE: Don't react as you normally do. Don't react at all. Pause and breathe

PULL BACK: Tell yourself this is just the worry talking and this apparent need for certainty is not helpful and not necessary. It is only a thought or a feeling. Don't believe everything you think. Thoughts are not statements or facts.

LET GO: Let go of the thoughts or feelings. It will pass. You don't have to respond to them. You might imagine them floating away in a bubble or on a cloud.

EXPLORE: Explore the present moment, because right now, in this moment all is well. Notice your breathing and the sensations of your breathing. Notice the ground beneath you. Look around and notice what you see, what you hear, what you can touch, what you can smell. Right now. Then shift the focus of your attention on to something else – on what you need to do, on what you were doing before you noticed the worry, or do something else – mindfully with your full attention.