

BREAK MOUNTAINS INTO HILLS

CHANGING YOUR VIEW POINT TO FIND AN EASIER WAY FORWARD

Sometimes problems feel like a mountain ... just too tall to overcome. When you allow yourself to think like this, anxiety can make things feel too big to solve and you might even feel too overwhelmed to try.

It's much easier to take charge of your problems if you split 'mountains' into smaller hills and focus on tackling these one at a time.

Each small victory will give you a growing feeling of control and it will boost your confidence to help you feel less anxious about tackling bigger stuff.

