

### PR Plan (Help you deal with worry)

| <b>Predict</b> the situation and what you perceive may happen | <b>Prepare</b> by writing down some possible ways to manage what you've perceived may happen | <b>Practice</b> by going over some of the ways to manage that you've come up with |
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This is a useful tool to help you prepare for/ manage a situation that you are worried about- which may or may not happen

*Adapted from Shelf*