

a few notes

Topic: Write Away Your Worries



Daily Envision Employee Check-in

Hosted by Dr. Stefanie Simmons

These uncertain times can bring about worry. Some of us worry more than others. In today's employee check-in, we talk about writing your worries away. According to psychcentral.com writing helps us to see it in black and white what is bothering us. It allows us "to be more objective and not just believe everything we feel strongly about. Writing down our worries also helps interrupt the worry cycle. So instead of worrying, start writing.

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