

♥ The WENDY Model ♥

Everyone has moments when worry clouds can feel big and overwhelming. The Wendy Model can help. It's five simple steps you can practice on your own to feel calmer, clearer, and more confident.

Feelings
Neighborhood

"Worries don't have to be faced alone. Small steps can help."

W

Where Is Your Attention?

Pause and notice what's happening. What are you feeling? What thoughts are showing up?

E

Explore Your Options

Look at different choices. What could you do? What might help?

N

Notice What Matters Most

Think about what's most important to you. What do you need? What feels right?

D

Develop a Plan

Turn your ideas into steps. Choose what you'll try. It's okay to adjust your plan.

Y

Yes, You Can Take the First Step

You can do it! Every big change starts with one small step. You are stronger than you think.

Feel ♥ Express ♥ Connect

♥ WENDY'S PRACTICE ♥

Where Is Your Attention?

Feelings
Neighborhood

1

Pause & Notice

Where is your
attention right now?



2

Follow It

What are you
thinking about?
Where does your
attention keep going?



3

Bring It Back

What can help you
focus on what
matters now?



There is nothing wrong
with wandering thoughts.
The first step is simply
noticing where they go.



♥ YOUR ATTENTION CHECK-IN ♥

Right now, I'm thinking about _____

My attention keeps going to _____

Something that can help me bring it back is _____

Feel ♥ Express ♥ Connect

♥ WENDY'S PRACTICE ♥

Explore Your Options

Feelings
Neighborhood

1

Look at Options

What could you do?
What are some possibilities?



2

Consider Each One

What might happen?
How might you feel?



3

Choose a Path

Which option feels
best for you
right now?



The more options we see,
the less stuck our worries
become.



♥ YOUR OPTIONS CHECK-IN ♥

One option I could try is _____

Another option is _____

The option I want to choose is _____

Feel ♥ Express ♥ Connect

WENDY'S PRACTICE

Notice What Matters Most

Feelings
Neighborhood

1

Why Is This Important?

What makes this matter to you?

2

What Is NOT Important?

What can you leave out or let go of?

3

Look at What Happens

What happens if it **DOES** happen?

What happens if it **DOESN'T** happen?

WHAT MATTERS MOST?

What matters most to me right now is...

Feel ♥ Express ♥ Connect

♥ WENDY'S PRACTICE ♥

Develop a Plan

Feelings
Neighborhood

1

Start with
the First Step

What will you do first?



2

Think About
What You Need

What will you need?
Who can help?



3

Know What
Comes Next

What will you do
after that?



YOUR SIMPLE PLAN



First, I will _____

I will need _____

Then, I will _____

Feel ♥ Express ♥ Connect

WENDY'S PRACTICE

Yes, You Can Take the First Step

Feelings
Neighborhood

1

Focus on Your First Step

What is the first step
in your plan?



2

Think About What Can Help

What can make this
step easier?



3

Take Your Step

Take it when
you're ready.



YOUR FIRST STEP

My first step is _____

Something that can help me is _____

I'm ready to _____

Feel ♥ Express ♥ Connect



The
WENDY
Model



Keep Practicing



You've
Got This!



Growth isn't always easy.
Some days feel lighter.
Other days feel harder.

Both are part of your journey.

Come back to the
WENDY Model
whenever you need it.

BRADER

KINDER

BRIGHTER DAYS

A
Calmer
You
A Brighter
Tomorrow



Feel  Express  Connect