Holistic Life
Balancing

Worry Ring System

A simple way to care without burning out

Ask this grounding question

"Is this actionable for me right now?"

If **yes** → take one small step   If **no** → release it

Ring One - Direct Impact - These Deserve Attention/action

Things that affect

your safety

your health

your income or housing

your legal status

your immediate family

Ring Two - Indirect Impact - Monitor Occasionally but do not carry daily.

Things that matter, but

are not enacted yet

do not require action right now

Ring Three - Noise - These do not get your nervous syste

Things designed to provoke fear

breaking news

speculation

social media outrage

repetitive headlines