



Worry Time



Worrying is a natural and common human experience. However, sometimes worrying can become excessive, intrusive, and interfere with our daily functioning. Worry time is a simple and effective way to manage your worries and reduce their impact on your life. By practicing this technique, you can gain more control over your worries and free up mental space for other activities.

Instructions

1. Choose a time and place for worry time. It should be a time when you are not too busy or tired and a place where you can be alone and undisturbed. Ideally, it should be at least a few hours before bedtime, so that you don't go to sleep with worries on your mind. The duration of worry time can vary depending on your needs, but it should not be longer than 30 minutes.
2. During the day, whenever you notice yourself worrying about something, write it down on a piece of paper, in a notebook or store it in your phone. Don't try to solve the problem or judge the validity of the worry. Just write it down and put it away until worry time. This will initially be hard, because you haven't practiced this yet.
3. When it's time for worry time, go to your chosen place and take out your list of worries. Read each worry one by one. You might notice that some of those worries have already resolved themselves. You might have already completed the meeting you were worried about or your friend got in touch and wasn't mad like you thought. Now go over the other worries on your list and ask yourself these questions: Is this worry realistic? Can I do something about this worry right now? If the answer is yes to these questions, write down a possible solution or action plan for the worry. If the answer is no to all of these questions, acknowledge that the worry is out of your control. When you encounter one of these worries, you can use other coping strategies like grounding exercises to redirect your focus away from the worries or you could do something you enjoy like watching your favourite TV show.
4. After you have gone through all of your worries, tear up or delete the list. This is a symbolic way of saying goodbye to your worries and moving on with your day.
5. Repeat this process every day until you notice a decrease in your worrying.

Tips

- **Be consistent:** Try to do worry time at the same time and place every day. This will help establish a routine and train your mind to postpone worries until worry time.
- **Be realistic:** Don't expect worry time to eliminate all of your worries completely. Worrying is normal and sometimes unavoidable. The goal of worry time is to reduce the frequency and intensity of your worries, not to get rid of them entirely.
- **Be kind to yourself.** After worry time, try to focus on something pleasant or rewarding, such as reading a book, listening to music, or calling a friend. This will help you shift your mood and reinforce the idea that worrying is not the only thing in your life.



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List the worries you were experiencing today:

Follow these steps to action your worry list

Yes

No

Have some of the worries resolved themselves before worry time?

Please divide the worries into ones you can control and ones you can't:

Controllable

Uncontrollable



Make an action plan and action it when possible



Practice grounding or distract to redirect the focus away

What can you do after worry time to be kind to yourself?