

Worry

What is worry?

How does it affect us?

How to manage it.

Types of Worry

Practical

Current situation that you can do something about

- E.g. I have a tooth ache”

Hypothetical

Often about the future and what might happen which is out of your control

- E.g. “What if the train is late?”

Examples of things that people worry about

- “I have a toothache”
- “What if the train is late?”



Worry Management Tool

Can you do something
about your worry right
now?

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graph TD; A[Can you do something about your worry right now?] --> B[Yes?]; A --> C[No?]; B --> D[Make an action plan to solve the worry. Practical]; C --> E[Use worry time to help let it go. Hypothetical];
```

Yes?

Make an action
plan to solve the
worry.

Practical

No?

Use worry time to
help let it go.

Hypothetical

How does worry impact us?

- Worrying can go on for minutes or hours and it can lead to feeling overwhelmed and exhausted
- It takes our focus away from the things we are supposed to be doing
- It prevents us from achieving what we want to
- It prevents us from enjoying our day



How does worry impact the body?

Symptoms of Anxiety



Headache

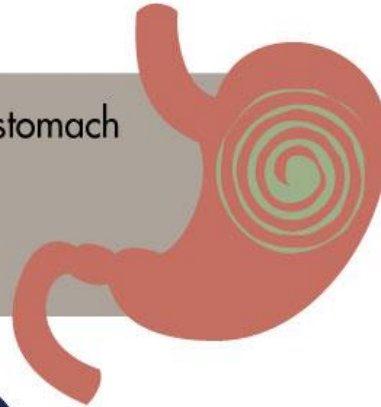


Heart palpitations

Churning stomach

Nausea

Diarrhea



Shortness of breath

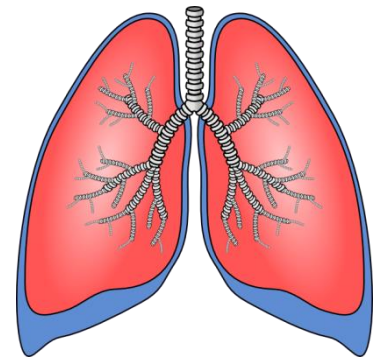
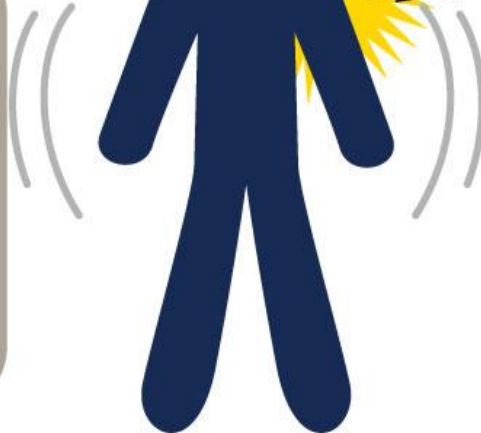
Backache

Muscle tension

Trembling

Numbness or tingling in the arms, hands or legs,

Sweating/flushing



Troubleshooting

- If you can't decide if a worry is practical or hypothetical? → use the worry management tool.
- Print a copy of the worry management tool and put it on your fridge!



Troubleshooting

- Worry does not fit into either category → break the worry down, there may be practical elements that you can work on
- It's a practical problem but you can't act on it now → decide when to take the action required



Take Home Message

- Worry is normal and we all experience it sometimes but it can be exhausting
- There are 2 types of worry
 - practical -which can be problem solved
 - hypothetical – which can be added to your ‘worry time’
- Managing worry will help us remain focused on what we are supposed to be doing, to achieve what we want to and enjoy our day.

Next Steps

- **Practice** what you have learned
- Tell someone else about this what you have learned
 - Teaching someone is a great way of learning things yourself – and helping them
- All worksheets and a PDF are freely available at <https://www.talkplus.org.uk>