

Worry Time

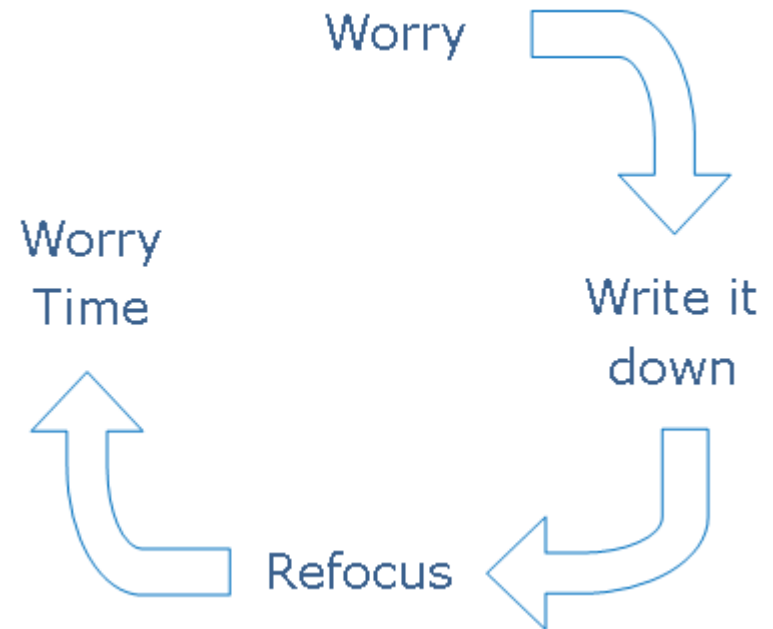
A practical approach to help contain worries
to a set worry time

Why make a Worry Time?

- Worrying can go on for minutes or hours and it can lead to feeling overwhelmed and exhausted
- It helps to postpone worries until we are able to focus on them and address them
- It can reduce the overall time spent worrying
- It can help us to stay focused and achieve more

4 Steps to Worry Time

1. Choose your worry time
2. Capture your worries
3. Refocusing
4. Worry time!



STEP TWO: Capture your worries

WORKSHEET ONE

Worry Diary

Situation	Worry	Intensity of Anxiety (0-100%)	Classify	
			P	H
Receive a party Invitation	Do I accept the invitation?	80%	√	
“	Who will baby sit?	75%	√	
“	What if the baby sitter gets ill and cancels?	75%		√
“	What will I wear?	50%	√	
“	How will I get there?	75%	√	
“	What if my travel arrangements fall through	75%		√



STEP THREE: Refocusing

- Pay attention to the task you were doing when the worry came into your mind



- Using our 5 senses (sight, hearing, smell, touch and taste) can help us to do this.

For example, when washing up focus on the scent of the bubbles, the temperature of the water or the sound of the splashing



STEP THREE: Refocusing

Engage in a different task such as

- cooking
- reading a book
- doing a crossword
- exercise



STEP FOUR: Worry time!

- Has how you feel about the worry changed ?
- Did the thing you were worrying about happen?
- How did you cope?

- *Do I accept the invitation?*
- *Who will baby sit?*
- *What if the sitter gets ill?*
- *What will I wear?*



Worry time!

- Are any of the worries no longer a problem?
- Does continued worrying make a difference?
- Use problem solving to solve practical worries
- What could you be doing now?



Troubleshooting

- Cant decide when to have your worry time? → Perhaps after work, sitting with a cup of tea.
- Don't know the best ways to note down your worries? → in your mobile, a notebook, a post it note/ scrap of paper
- Cant refocus → Remember to engage your senses and pay attention to whatever task you were doing when the worry popped into mind

Take Home Message

- Making a 'Worry time' can help you to postpone worries until a specific time in your day.
- It is likely to reduce the time we spend each day worrying and reduce the feeling of being overwhelmed and exhausted by worries.
- It will help us to stay focused on the things we are supposed to be doing and this will allow us to achieve more and enjoy our day.

Next Steps

- Practice
 - If you think having a Worry Time is going to help you we suggest you try it out today
- Make Your Worry Time a habit
 - Set time aside for using this technique on a regular basis

Next Steps

- Tell someone else about this technique
 - 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>