



How to use Worry Time

Worry Time is a way of stopping worries and anxieties from taking over your whole day (and night) by allocating a set period of time each day to worry.

STEP 1:

If a worry comes into your head, write it on a piece of paper or add it to a note on your phone.

Acknowledge it, but tell yourself you'll deal with it later – and move on with your day.

STEP 2:

Schedule an appointment with yourself for 20 to 30 minutes as your Worry Time.

Pick a time when you won't be interrupted and try to stick to the same time each day.

STEP 3:

It's time to worry! Look at your list. It might be that some of those worries have dissipated during the course of the day. It might be helpful to ask yourself how you felt when you wrote this worry down. Did the thing you were worried about actually happen? If so, how did you cope?

STEP 4:

With the worries that are left, use the worry tree to decide if there is anything you can do about the thing you are worried about.

THE WORRY TREE



STEP 5:

Make a plan and carry it out. If there is something you can do to address your worry, write down your possible solutions (even the ridiculous ones)

- What would you do?
- How could you do it?
- When would you do it?

If the worry comes back, you can tell yourself you have a plan.

STEP 5:

Accept there are worries that you cannot control. Try to confine your worries to your set period of Worry Time and focus on the present.