

# Worry Time



# Using Worry Time

Having some level of worry is normal and can even help us to solve problems. However, too much worry about things we can't change or control, can become a problem.

When we feel really anxious, we can begin worrying so much that it affects our ability to do what we need to do. Worry Time is a simple, helpful way to help reduce the time you spend worrying during your day. The less time we spend worrying, the more we can focus on what we enjoy and what matters. Worrying less also lowers stress and can improve our sleep and moods.

## How to use Worry Time

Worry Time simply involves setting aside time (e.g. 20 minutes) once or twice each day to allow yourself to worry. If you start worrying outside of this time, and you notice the worrying thoughts returning, you can remind yourself to put them aside to think about during your planned Worry Time. It can also help to jot down any worries that show up during the day and put them aside for your scheduled Worry Time. This action helps you to move on from the worry quickly and go back to what you were doing.

### When you come to your Worry Time, you can do the following:

- Think through any worries you have had in as much detail as you like.
- Try to write your worries down. This allows your brain to move them in more helpful directions than simply going around and around in circles (what we call rumination).
- Writing down your worries also allows you to make notes about how you can solve them. You might not be able to control all your worries, but you can try and manage how you react to them.
- Try using our ***Problem-Solving Guide*** guide to help you do this.
- You can also use the worksheet ***Seeing Things Clearly*** to help you make sure you are thinking about your worries in the most helpful way.
- Once your Worry Time is finished you can make a note of your worries for your next Worry Time if that feels helpful.

The point of the exercise is to practise not focusing on your worries outside of your Worry Time. This will allow you to spend more time focusing on what matters, and less time worrying and feeling stressed.

Ngā manaakitanga!

The Just a Thought Team

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