

WorryTIME

How to:

1. During your day, when you notice a worry - 'Press pause' & postpone your worry until your 'Worry Time' later on. You might like to briefly jot down the thought to refer to later.
2. If the worry continues to surface, use grounding tools to stay in the present moment & stay focused on your day. Do something to look after yourself.
3. When 'Worry Time' arrives - You can sit down and think about your worries. Towards the end of Worry Time, note which worries are out of your control & which ones you could do something about - begin to problem solve those worries. Use this resource or the 'worry diary' to help you..
4. When Worry Time is over - Do something to give yourself some closure, like burning the paper you wrote your worries on, having a shower, a cup of tea, or literally brushing yourself off, saying "I let this go now". Keep pressing pause on new worries until tomorrow's Worry Time.



Tips:

- Make Worry Time in the same place each day, and not in your bed
- Make Worry Time at the same time each day, in the evening and not too close to bed time
- Set a timer - limit your Worry Time to no more than 15 minutes
- Keep at it! This takes practice
- Follow through - if you don't do worry time when you've told yourself you will, your brain won't be able to postpone your worries

Ways to help you press pause

Ideas to help you stay grounded in the present so you can postpone your worry:

- Try some mindful breathing - breathe slowly into your belly counting to 10
- Mindful tasks; pour all of your attention into the task you're doing - cleaning, walking, working; noticing all the sights, smells, sounds etc
- A-Z game; try to name a fruit starting with each letter of the alphabet
- Move - go for a walk or do a stretch or yoga session to ground into your body
- Connect - distract yourself in conversation with someone (text or in person)

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What were your main worries?

Were you able to pause your worries?

☐

Yes

☐

No

☐

Sometimes/
mostly

Is the worry still a concern?

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Yes

☐

No

☐

A little bit

What tools did you use to cope?

What could you do about this worry? Make a plan

What did you learn by pressing pause on your worries? Discuss your experience