

Worry Time

Lots of us struggle with worries from time to time and this is normal. But, worries become a problem when they start to happen a lot more often and start to have an impact on our day to day life. Worry time can help us to cope with worries and to reduce the amount we worry over time.

There are two different types of worry and it's important to know the difference because we can deal with them in different ways. The first are **Hypothetical Worries** which are worries we don't currently have control over and can't do anything about. The second are **Practical Worries** which are worries we can do something about.

Hypothetical Worries

- What if we all get ill?
- What if something bad happens to someone I love?
- What if my friends leave me out?

Practical Worries

- I have way too much homework.
- What if I can't remember what we did in maths?
- I might fail the test.

As you notice worries during the day, write them down so that you can come back to them later at **Worry Time**. You could write them in a diary, on your phone or on post-it notes. You could even voice record them. Once you've written the worry down, it's important to **refocus your attention**. Pay attention to whatever it is you're doing at that moment OR do something totally different. You can also refocus by using one of the calming techniques below.



Use **Worry Time** to go back and address all of the worries you have written down that day. Worry time should be at the same time everyday and should last for a maximum of 30 minutes. Make sure it's not too close to bed time and that you're not distracted when doing it. For each worry, decide whether it is a **Practical Worry** or **Hypothetical Worry**.

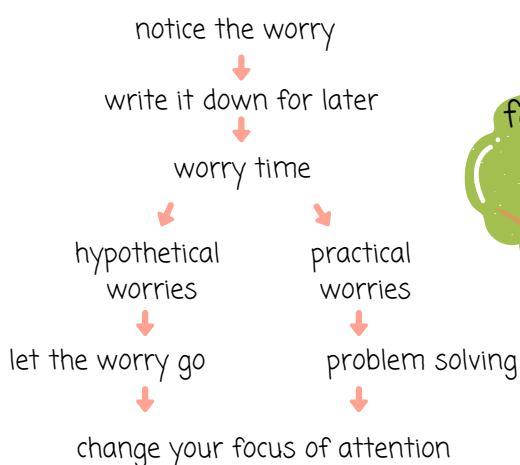
for the hypothetical worries:

For hypothetical worries, **let the worries go**. You can do this by ripping up, scribbling out or scrumpling up and throwing away the worry. Once you've done this, use a calming technique to refocus your attention from the worries which you have let go.

for the practical worries:

For practical worries, use **problem solving** to find a solution:

- 1) write the problem in 1 or 2 sentences.
- 2) think of all of the solutions you can.
- 3) for each idea you came up with, write down all the good things and bad things for each solution.
- 4) choose the solution that looks the most likely to help.
- 5) make a plan to put your solution in place and DO IT.
- 6) review how it went - did it solve the problem or do you need to change and/or try a different solution?



calming techniques to change your focus of attention

5, 4, 3, 2, 1

Notice 5 things you can see, 4 things you can feel, 3 things you can hear, 2 things you can smell and 1 thing you can taste.

Fact name

Think about and name facts about what is going on right now. For example, think:

My age is...

My name is...

I am wearing...

The weather is...