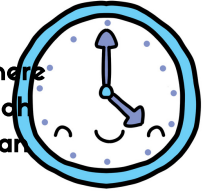


# Worry Time

Worry time gives you time each day to address all of your worries. The more you use worry time, the less your worries will impact you throughout the day.

## 1 Plan your worry time

It's important to plan in your worry time for the same time each day. This should be a time where you can focus on the worries and not be distracted. Start with a maximum of half an hour each day. As you use worry time more and more, you may notice that you eventually need less than half an hour each day because you get better at dealing with your worries.



## 2 Catch the worries

As you notice worries during the day, catch them so that you can come back to them later at worry time. You can do this by writing them down, drawing a picture or making a sound recording. You could use a diary, sticky notes, your phone or any other way you can think of to catch the worries as they happen.



## 3 Refocus your attention

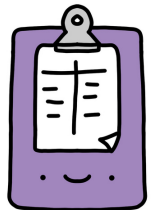
Once you have caught the worry, it's important to focus on something different. Pay attention to whatever it is you're doing at that moment OR do something totally different. You can also refocus by using calming/grounding techniques.



## 4 Worry time

Use worry time to go back and address all of the worries you have caught that day. For each worry decide whether it is a practical worry or hypothetical worry.

- For **practical worries**, use **problem solving**.
- For **hypothetical worries**, **let the worries go**. You can do this by ripping up, scribbling out, deleting or scrumpling up and throwing away the worry.



Some worries might not even be worries anymore! For these, you will learn that a lot of worries may seem big at the time but later they will seem much smaller and manageable.

## Let's Do It

My worry time will be at (time):

It will last for (number of minutes):

I will do it with (will anyone help?):

I will catch my worries by (what will you use?):

## Top Tip

To refocus your attention, try to take deep breaths and think: 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. This gives you chance to calm down before focusing on a current or new task.