

# The Worry Scheduling Method

*A simple 4-step method to help you manage anxiety and overthinking*

*You are not anxious because something is wrong with you. You are anxious because your brain is doing exactly what it was designed to do — scan for threats, anticipate problems, protect you from what might go wrong.*

*The difficulty is that this system was built for immediate danger, not for the complex, chronic uncertainties of a high-achieving life. When worry runs unchecked, it doesn't solve problems. It rehearses them — on a loop, at the worst possible times.*

*The Worry Scheduling Method gives your brain what it actually needs: a designated time and place to do its job. Not suppression. Not distraction. A boundary.*

— HILARY DWYER, LPCA

## 01 STEP ONE Notice the Worry

Catch the “What if...” thought as it arrives.

*“That’s a worry invitation. I don’t have to accept it.”*

## 02 STEP TWO Write It Down

If it’s urgent — act. If not, don’t engage.

Write it down and save it for Worry Time.

## 03 STEP THREE Refocus Attention

Identify what matters to you in this present moment.

*Take action that grounds you — move your body, engage fully in a task, or return to what aligns with your values.*

## 04 STEP FOUR 20 Minutes of Worry Time

Engage with the important worries on your list — on paper, not in your head.

Consider possible solutions. Ask yourself:

*“What’s a small next step I could take? When can I take it?”*

*This method is one of seven evidence-based strategies explored in When Your Brain Won’t Clock Out — available now at [hd-counseling.com/resources](https://hd-counseling.com/resources).*