

Worry Time!



Worry Time is when we choose a time in the day when we will let ourselves worry.

Remember! A worry is normally about the future, and it is something we can't fix right now.

Step 1: Plan your worry time!

Pick a time of the day that you will let yourself worry. Make sure you won't be distracted during this time! 20-30 minutes is a good amount of time.

Step 2: Write down your worries

If you are worrying about things in the day then write down your worries so you can think about them later in worry time!

Step 3: Distract yourself

Once you have written down your worry it is important to try not to think about it. Try to distract yourself by doing something you enjoy or something that will keep you busy.

Step 4: Worry time!

Now you can let yourself worry! Read your list of worries and see how you feel about them now. Are you as worried about them as you were when you wrote them down?

Think about each worry that you wrote down and if you can do something about it then plan what, when and how. If you can't do anything about it then screw it up and throw it away as it doesn't need worrying about.

Throw your list away at the end of worry time! (remember to keep any plans you made to sort the worry out)

It is important to stop worrying when worry time is over! If this is difficult then you can try to distract yourself by doing something you enjoy!