



## What is worry?

Worry is a form of thinking about the future. Worry can be helpful as it helps us address problems and find solutions.

Worry also can be about past events, although it is still about future outcomes. For instance, if a person is worried about not doing a job well enough, he or she is really worried about a future consequence of that behaviour. When we dwell on past mistakes or events, it is usually because we are blaming ourselves or we are fearful that others will blame and we catastrophise about future possibilities. When we get stuck chronic worry then it can cause an Anxiety. (anxiety is a combination of worry and emotional and physiological responses).

## Dealing with Worry

### Ask yourself - Is the worry important?

Too often, people expend tremendous energy on unimportant worries. To determine if something is important, examine the worry. Ask yourself: Will this affect my life in any significant way? Is it likely to happen?

If your answer is “no” to these questions, then the worry is unimportant. You are worrying about something that probably won't occur, or if it does, won't have much impact in your life. It can be helpful to postpone dealing with worries by creating a daily set time worry period.

### Postpone the worry [see end page for a template]

This approach involves postponing your worry to a 'worry period' that is the same time, place, and duration each day. It is important to practice this approach as it will take some time to develop your skill and gain some benefits. It may be best to start by practising with minor concerns before moving onto major worries.

As soon as you become aware of a worry, postpone it to your worry period and

1. Briefly note your worry on paper (a couple of words only) Carrying a small notepad will be useful.

2. Remind yourself that you will deal with the worry during the allocated time. Use some grounding strategies to focus on the present moment and the activities of the day to help let go of the worry until your worry period.
3. Then decide what is the most important and best thing you can practically do for yourself right now.
4. When your 'worry period' arrives, use it for problem-solving.

### **Is the worry solvable?**

Identify the steps you need to take control. Brainstorm all the possibilities. Focus on the things that are within your control. Let go of things that are not. After you've evaluated your options write them down and break the solution into manageable steps so that you can remind yourself that you have an action plan that you are following. Stay focussed on the step you are working on in the knowledge that the outcome will be based on the action you are currently addressing.

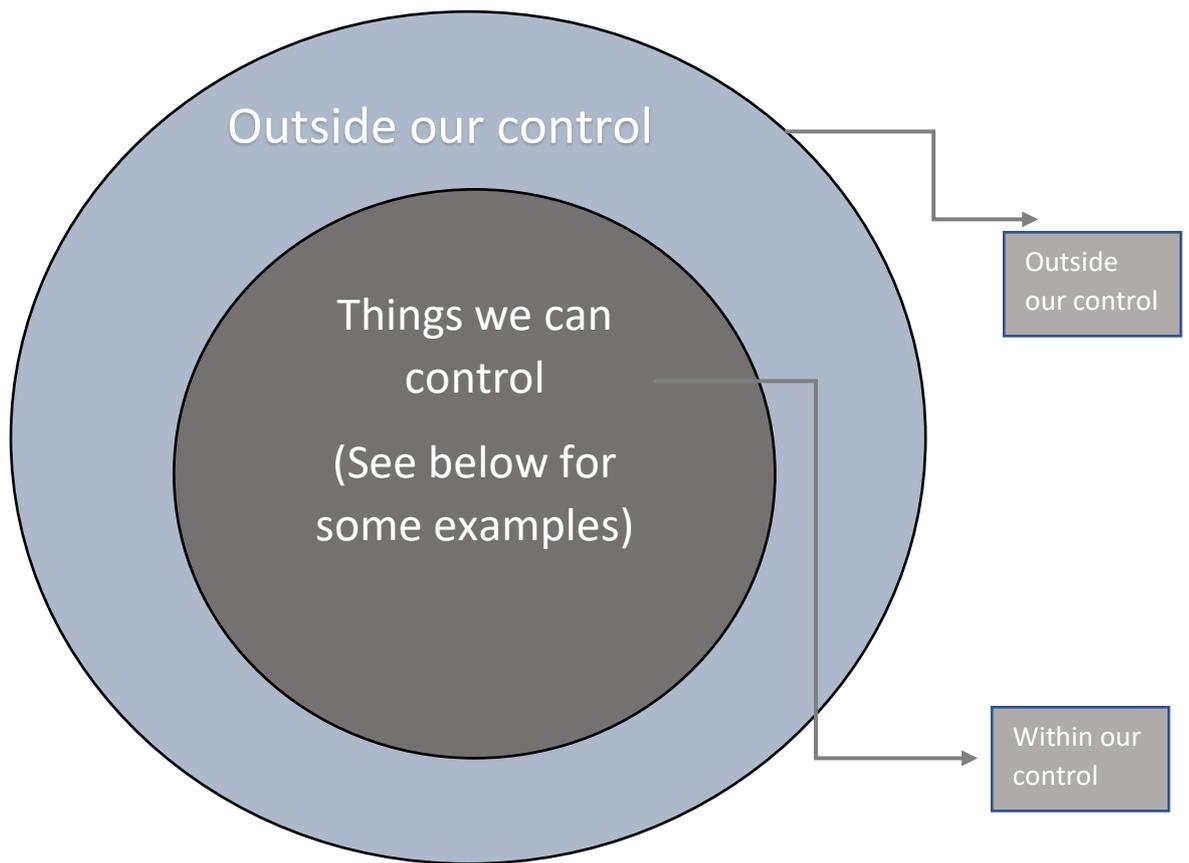
### **If it not controllable then how can I deal with it?**

Some things are beyond our control, and that's where worry comes in. Accepting the situation can help. Look at times in your life where there have been situations that were not controllable. What good things occurred as a result? Emotional pain is part of life. We can't change some situations, but we can control our responses/reactions.

It's also worth fully examining the worry before you determine that it is uncontrollable. Sometimes certain aspects of the worry may be controllable. Focus on the present things that you can deal with. And if you focus on those controllable aspects, the outcome of the situation may change.

### **Create a Circle of Control**

Often people believe that they have no control over aspects of their life. Having a belief that you have no control can be alarming and anxiety-provoking. The circle of control is a method of awareness about what is in our control and what is not. For example, we can't control the actions of others, but we can control our own actions. We can also control our choice of friends and can choose who we let into our life.



What I can control	What I cannot control
What I eat Where I work What I choose to eat How much exercise I take My spending How much alcohol I consume How many hours I spend online My behaviour My reactions Asking for help Maintaining boundaries Being accountable Choice of friends  What other examples apply to you?	Other people's actions Other people's beliefs Other people's likes/dislikes Happiness of others Weather Government Policy Interest Rates Those who like me Those who don't like me My past mistakes My birthplace My skin colour My height The past World events

## Step 1: Define Your Worry Time

Time: \_\_\_\_\_

Place: \_\_\_\_\_

Length of time: \_\_\_\_\_

## Step 2 - Write Down Your Worries

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## Step 3: Worry

### Solvable Problems

**Action:**

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**Action:**

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**Action:**

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**Action:**

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### Unsolvable Problems

**Action:** Remind myself that worrying won't help

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