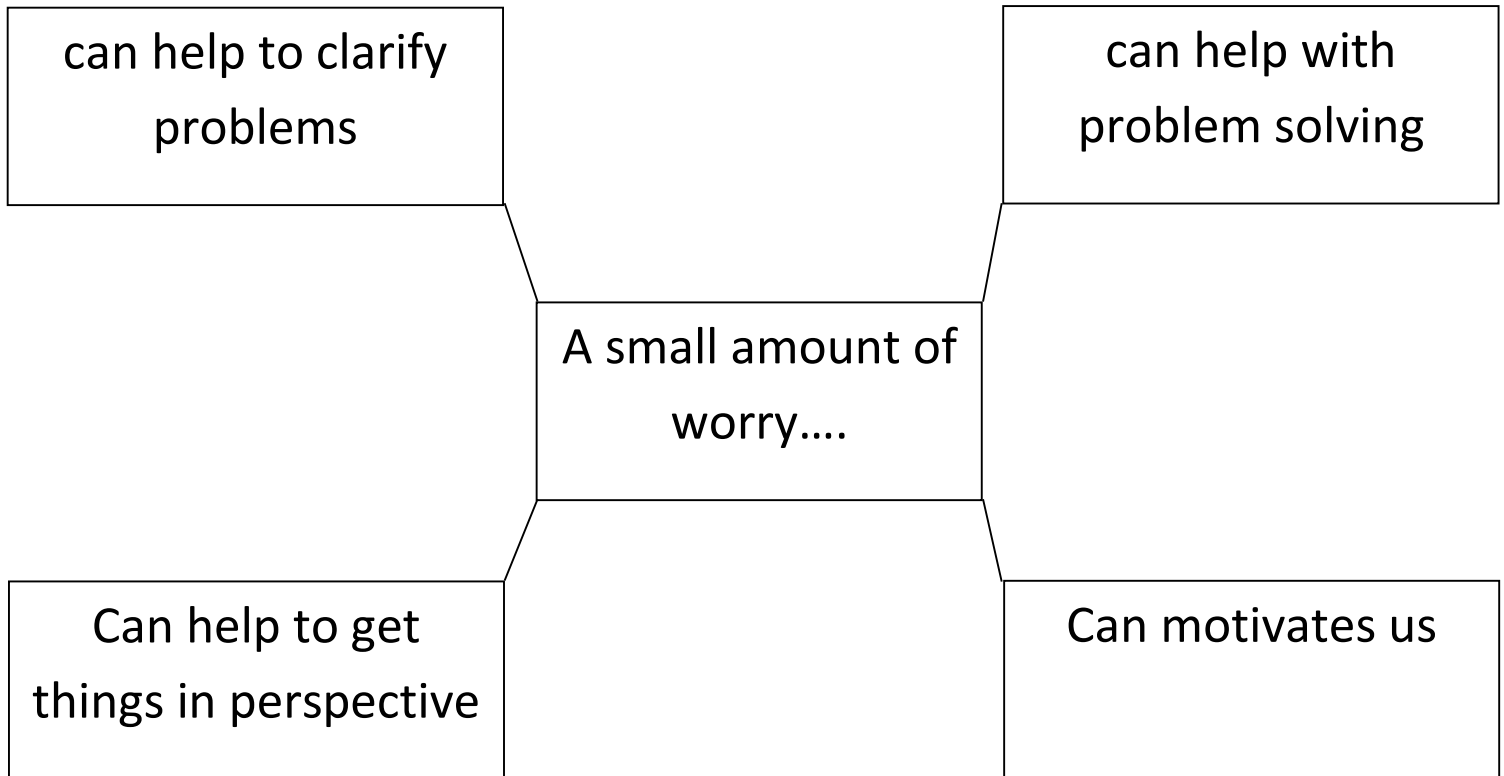


The problem with worry:



Too much worry looks like the box below:

What will happen... if I don't sort this out... I can't decide what to do... It's all too much... I'm confused... Worrying thoughts keep going around in circles... I'm not sure... The future is so uncertain... Should I do this or do that... What's the right thing for me to do... What will they think of me... what will they say about me... It could all go wrong...

...and is overwhelming and counter-productive to problem solving.

If you find you're worrying too much and feel trapped in a vicious circle of worrying try these techniques:

1. Identify dedicated 'worry time':

Identify a specific time each day when you are going to allow yourself to focus on any worries.

For example: 6pm

Allow yourself 15-20 minutes worry time.

If you catch yourself worrying at any other time before 6pm then remind yourself to put it off until "worry time".

If you catch yourself worrying at any other time after the dedicated "worry time" for example after 6.20pm then remind yourself to put it off until the next "worry time" on the next day.

2. Distract yourself from worrying:

Find an elastic band that will fit loosely (not tightly in case it restricts your blood flow) and place onto a wrist.

When you notice you're worrying then ping the elastic band. This will send a signal to your brain and focus your attention on your wrist thus distracting you away from worrying thoughts or images.

Ensure you do not harm your wrist by over use of the band!

Use this technique as part of a range of techniques to manage worry.