

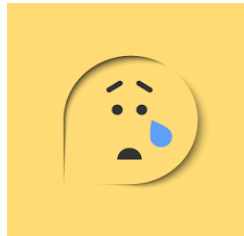
Worry Management

Looking at Worry as a Behaviour rather than as Thoughts can be useful in increasing control over it.

1. Notice Worry Behaviour – Use your feelings to help you notice:



When I notice this feeling (sad, overwhelmed, afraid) - Ask myself: “What was going through my mind as I started to feel this way?”



Is this a real worry or a “perhaps problem”? A perhaps problem is when people look into the future in their minds thinking about how awful something could be. The brain does not know if the worry problem is real or not because it brings the *same feeling* (real or imagined).

Behaviour Experiment to Stop Worrying all Day:

2. Postponing your worries – deliberately set aside some time in your day to do nothing but think about the real or imagined worry and limit the time you spend for example 10 minutes.

When you notice the worry popping back into your head, say to yourself or family member:

“I plan to spend 10-15 minutes later today at 6pm to engage in worry time behaviour only”



3. Now go and do a purposeful activity that gives you a sense of **a**chievement, **c**ontact and **e**njoyment (ACE) Ask myself: How can I have an ACE day so I can overcome worry?

Example of Achievement (baking, tidying up, gardening, short burst of exercise), Contact (telephone a friend, helping someone you care about), Enjoyment (watching a comedy, putting make-up on, reading, going for a bath, go out your back door and feel the wind or sun on your face).