

## Working Towards Wellbeing: Worry Time

*This video is part of a series designed to help health practitioners learn evidence-based skills which enhance mental wellbeing and resilience.*

*If you are a health practitioner, why not try these techniques for yourself? We encourage everyone to look after their mental health and emotional wellbeing in ways that we know work.*

### *Video Transcript:*

I imagine you know a few people who worry too much – you may even know some of them quite intimately. Perhaps you can help them with a simple CBT based technique? It's all about learning to put worry in its place.

The first step is for the worrier to decide on a time each day that they can dedicate to worry. That will be their "worry time". It's reassuring for a worrier to know that they don't need to let their worries go completely. There will be a time each day when they can give the worries their full attention. If something goes wrong and they can't sit down and worry at their official "worry time" it's good to set a back-up time to ensure the worrying gets done.

Secondly, the worrier needs to carry something to write on at all times, even at night. A phone works for this purpose. There's actually an app from the people at **Reach Out called Worry Time** to help with the exercise. Through the day, a worrier will notice themselves worrying about things. When they spot a worry, they should jot down a few words to remind them of what it is they were worrying about, then set it aside. When "worry time" comes around, the worrier needs to find a quiet place where they won't be interrupted to look over their list.

There will be some worries on that list that can be discarded straight away because those things have resolved themselves already. There will be some potentially solvable things on the worry list that may deserve a little more attention. There will also be some things that just aren't solvable at the moment. If no solution is available and time is up, those things can be moved to move to tomorrow's list.

It doesn't take much practice for this way of dealing with worry to become second nature. Why not try it for yourself? You might be surprised at how effective such a simple strategy can be.

### **Further reading and resources:**

- [Daily worrying and somatic health complaints: Testing the effectiveness of a simple worry reduction intervention](#)
- [Reach Out Worry Time](#)
- [MyCompass, Managing Worry Module](#)

## Managing Worry Time

<p><b>1. Set up your Worry Time</b></p>	<ul style="list-style-type: none"> <li>• Decide what time of day, where and how long you will worry for each day. Eg 6:30pm, at home, on a chair in your home.</li> <li>• Think about how you will document your worries during the day eg phone notes, pen and paper, Worry Time app.</li> </ul> <p>Tips: Choose a quiet place where you won't be distracted and choose a time that isn't too close to when you go to sleep.</p> <p>My Worry Time will be:</p>  <p>I will document my worries throughout the day using:</p>
<p><b>2. Postpone your Worries</b></p>	<ul style="list-style-type: none"> <li>• When you think of a worry throughout the day write them down using your chosen method</li> <li>• Reassure yourself that you will have time to think about this later and focus on what is happening in the present.</li> </ul> <p>Tips: Having some strategies such as mindfulness or breathing can help you stay in the present moment.</p> <p>When I am feeling worried, I will do this to help stay in the present:</p>
<p><b>3. Time to Worry</b></p>	<ul style="list-style-type: none"> <li>• At your chosen Worry Time go to your designated place.</li> <li>• Set a timer for your chosen period.</li> <li>• Go through your list and think about the worries on your list only if you feel you still need to. You may find that some of your worries have already resolved themselves and you don't need to think about them any more.</li> <li>• When your timer goes off, stop worrying. You can add anything you are still concerned to tomorrow's list.</li> </ul> <p>Tips: With practice, this will become easier to do. You will learn that you can control when you worry, and choose to spend your attention on these thoughts.</p>