

Worry Facts

- It's common and usual to worry.
- It takes up a lot of time.
- It tends to peak at certain times of the day.
- We can worry about almost anything.



NATURE OF WORRY

Worry can be like an avalanche gaining momentum and gathering more snow until it's rushing full speed down the side of the mountain.

Worry has the power to grasp onto anything. We can even worry about positive things, for example winning the lottery.

A circular graphic on the right side of the purple background contains several phrases repeated in a circular pattern: "I can't do it", "I should give up", "No one likes me", "I'm not good", "I'm not smart", "I'm not funny", "I'm not attractive", "I'm not successful", "I'm not happy", "I'm not healthy", "I'm not loved", "I'm not valued", "I'm not important", "I'm not special", "I'm not unique", "I'm not interesting", "I'm not fun", "I'm not kind", "I'm not generous", "I'm not helpful", "I'm not honest", "I'm not brave", "I'm not strong", "I'm not confident", "I'm not capable", "I'm not talented", "I'm not intelligent", "I'm not wise", "I'm not knowledgeable", "I'm not skilled", "I'm not successful", "I'm not happy", "I'm not healthy", "I'm not loved", "I'm not valued", "I'm not important", "I'm not special", "I'm not unique", "I'm not interesting", "I'm not fun", "I'm not kind", "I'm not generous", "I'm not helpful", "I'm not honest", "I'm not brave", "I'm not strong", "I'm not confident", "I'm not capable", "I'm not talented", "I'm not intelligent", "I'm not wise", "I'm not knowledgeable", "I'm not skilled".

OUR BELIEFS ABOUT WORRY

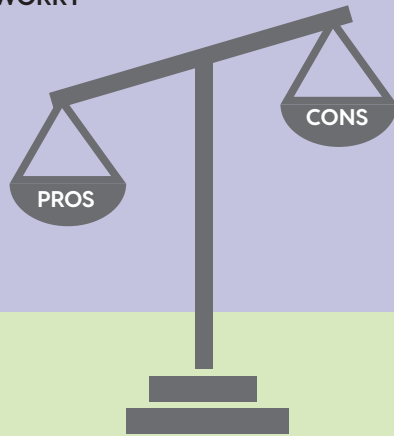
It can feel like worry helps us in some ways like solving problems, preparing us for action, or helping us to cope.

It becomes a problem when worrying keeps negative thoughts in our minds. We may have beliefs that worrying is dangerous or harmful or that it will make us go mad.

The illustration shows a man with a sad expression. Above his head is a large white thought bubble containing the text: "I can't get rid of the thought something is going to go wrong". The background is a light green color.

PROS AND CONS OF WORRY

You might have mixed feelings about worry.



What are the pros and cons of worry for me?

WORRY CYCLE

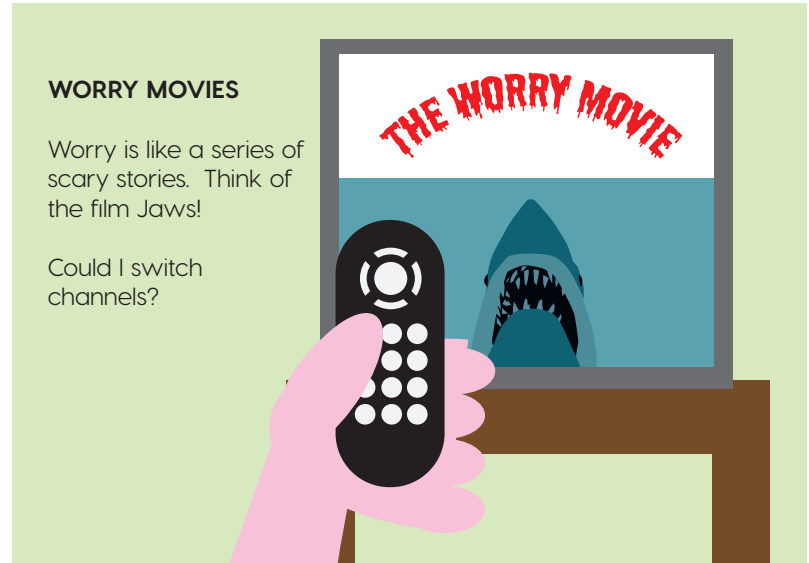


WORRY CLOCK

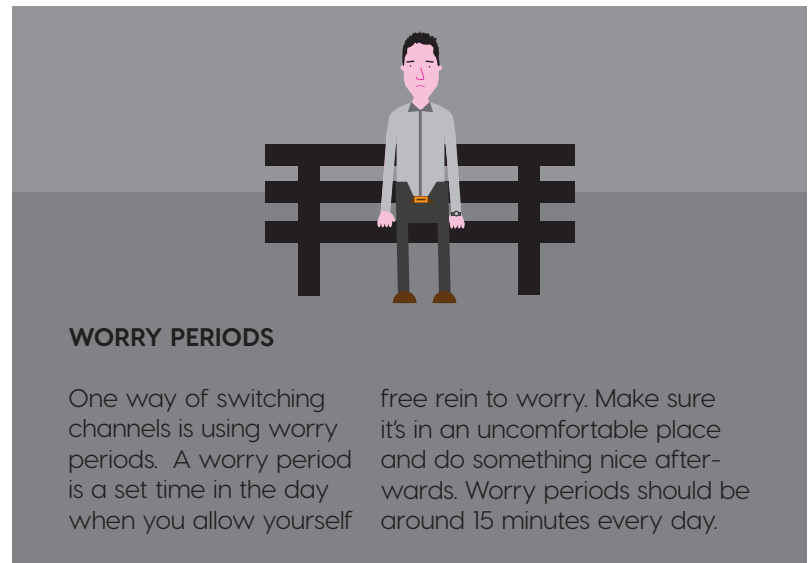
How much of my day is spent worrying.



Are there times when it is worse or better?
What would I do if I wasn't worrying?



What would it be like if I could switch channels?



WORRY PERIODS

I can learn to notice my worries during the day and postpone them until my worry period by:

- Writing them down (on paper, in a worry app)
- Getting active
- Making contact with some one
- Thinking of something different
- Doing something relaxing.



My worry period
Where?
When?

FEELING SAFE

Worry makes us feel uneasy and unsafe. Create a sense of safety using imagery. Go to a safe place in your mind, from memory or somewhere made up. This works best if you use all your senses. Carrying something with you that symbolises safety can also be soothing. This could be a photo or a piece of jewellery.



My safe place



What tools can I use if I notice worry creeping up on me?
What activities could I do?
Who could I contact?

Other resources:

Online self help:
<https://www.helpguide.org/articles/anxiety/how-to-stop-worrying.htm>

<https://www.headspace.com/articles/how-to-stop-worrying>

App
<https://au.reachout.com/tools-and-apps/reachout-worrytime>

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