



"I can't get my mind to stop worrying, it's driving me crazy!"

"I keep worrying about one thing or another, even when it's not needed."

"I just can't seem to relax..."

"Why am I worrying so much?"

"I am always preoccupied with what might go wrong. It's exhausting!"

Do you identify with these statements?

IS WORRYING NORMAL?

Worrying, by itself, is normal not bad. In fact, it serves a purpose - it helps us anticipate problems and be better prepared. For example, when we have some degree of upcoming important event (e.g, a test) or a problem to be handled, it can motivate us to get prepared to face it or find solutions.

However, worry becomes problematic when it is excessive, seems difficult to control/stop & when it interferes with our concentration & work. Problematic worry is often out of proportion to the severity of the problem.

That is why it is important to learn how to manage excessive worrying

Here are two strategies to try out,
if you think that you tend to worry excessively!



WORRY BY THE CLOCK

Setting aside a worry time is one of the most effective ways to manage your worrying when it seems uncontrollable.

How does it help?

- 1 It makes you conscious of excessive worry.
- 2 It helps you regain control over worrying process.
- 3 Helps re-evaluate/clarify your worries.



ACTIVITY!

Select a time period, ideally towards the evening and not right before bed-time. During this time, write down all the worries that come to your mind. Challenge yourself to only worry during the worry time.

THE GOAL

If you find yourself worrying at other times, try to jot down as a single word and keep it aside for the worry time



SET YOUR WORRY TIME

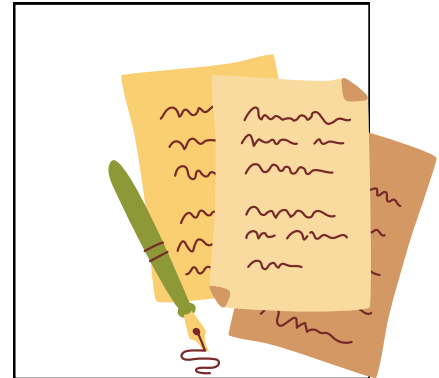
Choose a duration (15/20/25/30 minutes) for which you want to practice this exercise.

Start Time

End Time

Practice scheduling your worry time and try sticking to it as best as you can!

Limit worrying to the worry time and learn to postpone worrying at other times



Write down the worrying thoughts that are on top of your mind during the worry time.

- Most individuals who worry excessively find it useful to practice scheduling worry time.
- It helps them to learn that worry can be postponed. This in turn can reduce interference of excessive worry in daily life.
- Try to practice it for at least a week.
- Become self-aware of how this practice may impact your excessive worrying.

-ALTER-ACT-ACCEPT-

Worry tends to be repetitive in nature and we can feel stuck in it.

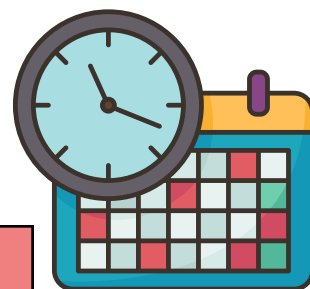
Scheduling worry time may have helped you to learn to postpone worrying so that it does not spill over your whole day.

You could do one or more of these 3 things about your worries once you write them down

1 Alter your worry
Is there some scope to rephrase this worry into a more realistic concern so that it's not blown out of proportion in my head?

2 Act on your worry
Is there some scope to take some concrete actions in the next few weeks?

3 Accept what you cannot change
Can I stop struggling and accept some aspect of this situation or part of the worry itself as it is, if I have done all that I could?





MANAGING EXCESSIVE WORRY



Alter your worry



1 Choose one or more questions to reframe your worry into a more realistic concern so that it's not blown out of proportion

Will this really matter in 5-10 years down the line?

**What is the most realistic/likely scenario here?
What can I do to cope with it?**

Act on your worry

2 Start writing down some concrete action steps to handle the situation/the worry.

Accept what you cannot change

3 Remember!
Acceptance is not the same as agreement/resignation. You may not agree but you accept that a situation is as it is/ an event happened and that some parts of it cannot be changed

Acceptance is also about freeing ourselves to move beyond a point where we may be mentally stuck.

It is about shifting attention and energy on aspects of our life that need our attention and efforts and steps that are within our control.

You can try to write down here what you are choosing to accept

So you can remember the 3 A's and apply them as appropriate to your worry notes

**Postpone/limit to worry time & then choose to
Alter-Act-Accept**