

Mindful about Mental Health.

Worry.

Worry is a natural part of life and all of our emotions are valid. Our feelings are broken down into comfortable and uncomfortable emotions. Worry is an uncomfortable emotion because of how it makes us feel. It's natural to worry about an unpaid bill, an upcoming job interview, or a first date. But "normal" worry becomes excessive when it's persistent and uncontrollable. This is when we can support ourselves by trying some of these strategies.



1. Write them down

Sometimes just getting things out of your head and down onto paper or a notes app on your phone can help you clear your mind and make it easier to work through concerns one by one.

2. Set aside 'worry time'

If you find that your worries are taking over your day, it can help to try to manage this by setting yourself some "worry time" – a short period, say 10 or 15 minutes, every day or so before bed to write things down and try to find solutions.

Making this a regular thing can help put your mind at ease and stop your thoughts racing when you're trying to sleep.



3. Do not dwell during the day

Once we have a regular worry time, this can help prevent us from getting lost in our worries during the rest of the day.

So when a worry does enter your mind, think "I'll set that aside for my worry time." This can help you shift your focus back to the here and now.

It might feel difficult at first to stop your thoughts from returning to the worry, but as time goes on and you settle into the habit of having worry time, it should get easier.



4. Use the 'worry tree'

When you sit down to think about your worries, a structured technique called the "worry tree" can help keep you focused on understanding the difference between problems you can solve and hypothetical worries that are beyond your control.

It can also help you decide what you can act on immediately or whether something needs to be scheduled and acted on later.

