

# embrace & evolve

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## Managing Worry



Since the financial crash of 2008 it seems that we are being bombarded with stressful situation after stressful situation on a National and Global level, which is leaving a lot of us feeling a bit helpless, out of control and exhausted.

Worry, if only mild, can be a positive motivator to put things into action - such as "I'm worried my teeth will decay and I'll have to get fillings if I don't brush them"... so you brush them. Your worry is valid, proven and easily allayed



**We all worry, but it's understanding when worry is hurting us we need to learn to manage it.**

## How to identify and manage unhelpful worrying

### Identifying Worry

- Symptoms of worry can be conscious, i.e. you know you *are* worrying and *why*. But you can also be suffering physical symptoms such as tension in your body or head, unusual exhaustion or are unable to relax or concentrate. If you can identify these happening with you, **take a moment** to see if you are worried about something and **name that worry**. Giving it a name defines it and gives you something to work from.
- Give yourself some **Compassion**. You are built to fly or fight in uncertain situations. Knowing you're worrying then pausing to assess is a great first step.
- **Assess if what you're worried about is realistic or are you catastrophising** - Sometimes we think about things so much we forget that we're going straight to a worst case scenario, or worse something that can't actually be true or real. If we take a moment to **rationalise** the worry we can sometimes realise it's a needless worry and can choose to let it go.
- If you rationalise your worry and take time to assess whether you **can** make a change to better the situation, do it! Don't procrastinate (see previous show and printable).

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- If you have rationalised your worry, realised it is a very real possibility but there is nothing you can do to change the situation surrounding that worry, then your next step is **learning to manage** it. Rationalising and coming to that conclusion can help you feel better.

## *Managing Worry*



- **Distraction** is a wonderful tool that can be demonised by some practitioners, but if a worry is out of your control then using unrelated activities or conversations, can give you a break from worrying. The effort in doing this might be in finding an activity that can fully distract you, so have fun with this and choose your favourite hobbies, books, tv programme or people to take your mind off things.
- Give yourself an **allotted time** in the day, or week, that you allow yourself to worry about something. There are uncontrollable concerns going on all the time that we sometime feel we *have* to worry about. By regularly "just keeping an eye on things" or "seeing if it's a time you can get involved" can be beneficial in small doses. Or you might just need this time every day to do your rationalisation process to remind you of where you stand with your worry.
- Talk to people. We're not super humans, if we were there would be no worries in the world. We can't be mentally or physically able to cope all the time. Reaching out for support, or needing to just chat with people, can really help you **stop feeling on your own** and might prove fruitful with fresh perspectives.
- Try practicing **Mindfulness**. This is a proven technique to bring your thoughts to a focal point in the present. It assists you with the removal of all other thoughts, worries and concerns, allowing you to rebalance your chemicals in your brain and encouraging relaxation and peacefulness.