

## Worrying

We tend to experience worry in our heads rather than in our bodies. Worry generally involves having negative thoughts related to a current problem or hypothetical situation e.g. 'Why hasn't my friend texted me back?' or 'I'm going to fail my exams'.



When we are worried about something, this usually causes us to problem solve. This means we either work out what we can do about the problem or realise we can't do anything about the problem and so find a different way of responding. However, sometimes we can get stuck and find our worries go round and round in our heads and our problem solving reaction doesn't kick in. This is when worry becomes a problem.

When we fall into a repetitive cycle of worrying thoughts without problem solving, this can cause us to feel mild distress. This is usually controllable and doesn't generally impact our ability to do things like go to school or meet up with our friends. However, it is at this point we need to stop and kick start our problem solving brain before our worries overwhelm us.



Check out this great little video on how to deal with your worries.

[https://www.youtube.com/watch?v=26GRTQRfryw&feature=emb\\_err\\_watch\\_on\\_yt](https://www.youtube.com/watch?v=26GRTQRfryw&feature=emb_err_watch_on_yt)

You can download a **Worry Tree** by clicking the link below. Then stop and take one worry at a time, asking the questions on the worry tree. It will help you to work out if:

- 1) You can do something about this worry now.
- 2) You need to make a plan to deal with this worry.
- 3) You can't do anything about the worry and need to let it go.

<https://www.getselfhelp.co.uk/docs/worrytree.pdf>

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## Top Tips on Worrying

- Be the boss of your worry
- Decide on a worry time each day rather than worrying all day
- Postpone worrying until your worry time
- Write down your worries to worry about later
- Distract yourself with an activity
- Use the worry tree

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