**WORRY TIME TECHNIQUE**

1) When you have a worry, ask yourself “Is it something I can control? Can I do something about it?”

If **YES** = it’s a practical worry – take the necessary steps to resolve the problem!

If **NO** = it’s a hypothetical worry – write it down on a piece of paper (be specific, don’t just write ‘family’, write exactly what the worries are)

2) Throughout the day, keep writing your hypothetical worries on your paper list, remember that you will come back to that worry later in ‘worry time’ so for now, re-focus on the present moment i.e. focus on a book, talking to someone or whatever activity you are doing

It can be really difficult to leave our hypothetical worries for worry time. We would recommend thinking of a couple of distraction techniques to re-focus your mind, whether that be going for a walk, leaving the room making a hot drink. Try giving this a go next week & let us know how you get on with it.

*Some of the things we suggest is doing something sensory, like washing up or exercising, or focus on something neutral. There’s a technique called 54321. Its where you use your senses to notice 5 things you can see, 4 things you can touch or feel, 3 things you can hear, 2 things you can smell, 1 thing you could taste. Sometimes people change that order, or add in 5 deep breaths because you can’t always find things to taste or smell! It’s a good way to change your focus and break up the worries in your head.*

3) Continue to keep list of all hypothetical worries during the day

4) WORRY TIME EVERY DAY 30 minutes

During this time, focus on each of your worries in turn. Allow yourself to worry about this thing as much as possible! Get it all out! Once you have finished worrying about it, cross it off and move to the next worry on the list.

5) At 30 minutes, reward yourself with something pleasurable or nice as 30 minutes of non-stop worrying can be quite difficult! (If you have any more hypothetical worries after ‘worry time’, put them on the list for the next day).

6) Repeat step 1-5 every day!