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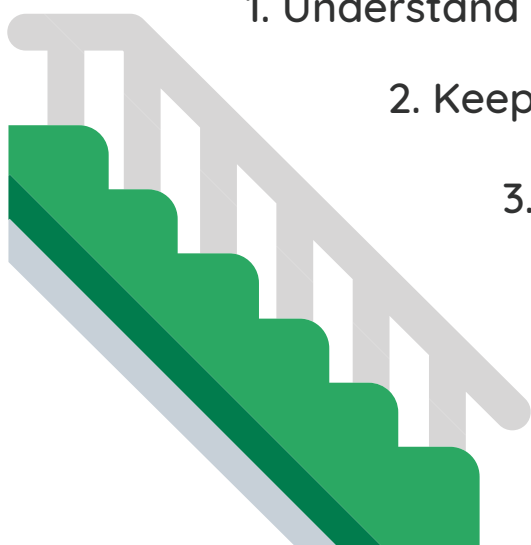
***SELF HELP RESOURCE:
MANAGING YOUR WORRIES***

WHAT IS WORRYING??

WORRYING IS A VERY NORMAL PROCESS, EVERYBODY WORRIES AT TIMES. HOWEVER, FOR SOME PEOPLE WORRYING TOO MUCH CAN BE A PROBLEM.

ALSO, THE TIMES THAT WE ARE CURRENTLY EXPERIENCING DON'T SEEM TO BE HELPING WITH TRYING NOT WORRY TOO MUCH TOO!

SO, the aim of this booklet will be to introduce you to different strategies that are proved to help a lot in **sending your worries away**



1. Understand the different types of worries
2. Keep a diary
3. Learn how to refocus
4. Practice Worry Time!
5. Problem solve
6. You are good to GO!!

REALLY REAL & MAYBE REAL WORRIES

THERE ARE TWO MAIN TYPES OF WORRIES:

- 1. REALLY REAL WORRIES ARE WORRIES THAT WE CAN DO SOMETHING ABOUT. THESE ARE WORRIES THAT WE CAN SOLVE.**
- 2. MAYBE REAL WORRIES ARE WORRIES WE CANNOT DO ANYTHING ABOUT.**

REALLY REAL

These are worries that are affecting you now and for which there is a practical solution. Some examples could be, 'I haven't done my homework yet', 'mum is going to shout at me because my bedroom is a mess'

MAYBE REAL

This type of worry is often about something in the future that you have no solution for, no matter how hard you try to find one. Some examples could of these thoughts could be 'What if the bus I get on crashes?', 'What if my friends don't like me anymore?'

IN THESE TIMES OF UNCERTAINTY, MAYBE REAL WORRIES CAN BE SOMETHING VERY RECURRENT, MAKING ANXIETY EVEN MORE DIFFICULT TO DEAL WITH...

LET'S START AND SEE WHAT WE CAN DO ABOUT THIS!

KEEPING A DIARY WILL HELP

A FIRST GOOD STEP TO BE ABLE TO LET GO OF WORRIES IS TO START BY WRITING THEM DOWN!



DATE & TIME

When?



SITUATION

Describe the situation
(where, what are you
doing,...)



YOUR WORRY

what is your worry
eg. What if...?



WHICH TYPE?

Is that a Really real
or Maybe real worry?

LEARN HOW TO REFOCUS

ONCE A WORRY IS WRITTEN DOWN, THE MOST IMPORTANT THING IS TO REFOCUS!!



- Refocusing on the present moment allows us to let go of worries and carry on with what we were doing
- If you are not so sure on how to do it, don't worry, there are plenty of strategies to be able to do this!
- The key is, by getting into the habit of refocusing on the present moment, it will eventually happen without us noticing!

LET'S HAVE A LOOK AT SOME STRATEGIES NOW!!

5,4,3,2,1 TECHNIQUE

FOCUS ON:

- 5 things that you can see
- 4 things that you can touch
- 3 things that you can hear
- 2 things that you can smell
- 1 thing that you can taste **OR** take one deep breath

Probably the most effective technique to refocus, very known for its simplicity.

MUSCLE RELAXATION

TENSE AND RELAX YOUR MAJOR MUSCLE GROUPS. TENSE FOR ABOUT 3 TO 5 SECONDS. RELAX AND NOTICE THE DIFFERENCE!!

Arms and hands: Clench your fists and push your arms straight out in front of you. Relax and repeat.

Legs and feet: Push your toes downwards, gently raise your legs and stretch them out in front of you. Relax and repeat.

Stomach: Push out your tummy muscles, take a breath and hold it. Relax and repeat.

Shoulders: Scrunch up your shoulders. Relax and repeat.

Neck: Push your head back, hold and relax. Relax and repeat.

THE ABOVE ARE JUST TWO OF MANY EXAMPLES. THERE ARE USEFUL TECHNIQUES ALSO IN THE OTHER BOOKLETS!!

**REMEMBER:
WHAT'S IMPORTANT IS TO FIND WHAT WORKS FOR YOU AND HELPS YOU REFOCUS**

NOW, LET'S FIND A TIME TO WORRY..... IT'S WORRY TIME!!

Once you have been writing down your worries and learnt how to refocus straight after, it's time to learn how to let go of worries.



LETTING GO OF MAYBE REAL WORRIES

Sometimes it is very hard to let go of "maybe real" worries. a useful technique that young people have found to help is called 'worry time'.

"Worry time" gives you a time in the day to worry. This way, whenever you start to worry, you can put these thoughts away knowing that you can look at them again at worry time.

THERE ARE 4 STEPS TO WORRY TIME:

PLAN YOUR WORRYTIME

Every day plan a time for yourself to worry. Usually around 20 -30 minutes is a good amount of time for this.

It's important to set worry time no later than 2 hours before bed, as you will need time to relax.

You should not do anything else during this time and it's also important that there are no distractions: make sure that other people know not to bother you during worry time and that your phone is turned off!

WRITE DOWN YOUR WORRIES

When you notice that you're worrying outside of your worry time, write down your worry- you might have learnt this already if you kept the diary. Then see whether it's a "really real" or a "maybe real" worry.

If it's a "maybe real" worry, you can worry about it as much as you like during your planned worry time.

REFOCUS ON THE MOMENT

After you've written down a worry on your worry list, the next step is to refocus on the present moment.

As you have learnt in the previous pages, the best way to refocus is by using particular strategies. Find the one or two the suits you the most and, before you even realise, refocusing will become more and more natural!

USE YOUR WORRY TIME!

When your planned worry time comes around, it's time to allow yourself to worry! Go through your list of "maybe real" worries and choose one that you would like to start worrying about. Has the thing you were worrying about happened? How did you deal with it if it did happen? Are there any worries that are no longer a problem now you are in worry time?

Try to think about what it feels like to worry as much as you like for a period of time: did you need as much time as planned? If some of the worries are no longer a problem for you then put a line through them and let them go.

And then..... **Bin it!!** Throw away your worry list after your worry time and start afresh the next day.
Well done!!!



**BUT WHAT ABOUT REALLY
REAL WORRIES.....??**

**FOR REALLY REAL WORRIES,
THOSE WHO CAN HAVE A
PRACRICAL SOLUTION, IT'S ALL
ABOUT....**

PROBLEM SOLVING!!!

STEP 1: WRITE DOWN YOUR WORRY

Try and choose one you really wanted to get sorted, but feels manageable

STEP 2: CONVERT WORRY INTO PROBLEM

E.g. "I still haven't written my essay" to "I need to have my essay done by Friday"

STEP 3: THINK ABOUT SOLUTIONS

Write down as many as you can think of- even if they seem silly/not possible!

STEP 4: STRENGTHS & WEAKNESSES

How possible is it? Do you have the resources and/or time?

SOLUTION

STRENGTHS

WEAKNESSES

STEP 5: CHOOSE A SOLUTION

Choose the one you think is the best solution & write below

STEP 6: MAKE A PLAN

Develop a plan, what steps are needed? Start small!

STEP 1:

STEP 2:

STEP 3: