

CREATE A WORRY PERIOD



The goal isn't to eliminate worry, but to learn how to worry well.

Learning to worry well is a gradual process that takes practice and involves different strategies and mindset shifts. One helpful tool in this process is the worry period — a dedicated time for proactive worry. This is a dedicated 15-20 minutes set aside for proactive worry. During this time, we identify and name our worries, then sort them into two categories: those within our control and those outside of our control.

- **For worries within our control:** Make a small action plan. This could be a single step that helps you feel more proactive, even if it's a small thing.
- **For worries outside of our control:** Focus on practices that help you release the worry. This might include connecting with others, practicing mindfulness or spirituality, trying somatic exercises to release fear from your body, or simply acknowledging and honoring your fears.

Then, as worries inevitably pop up throughout the day, simply acknowledge them and remind yourself that you'll address them during your designated worry period. This approach can help you reclaim some of the mental real estate that worry tries to take over, allowing you to stay more present and focused throughout the day.



REFLECTION

For worries that are out of my control, what helps me to release them? What soothes me? Is it connection with others, processing through conversation or journaling, or somatic practices to release fear from my body?

MY SHAME FREE WORRY SPACE

Your worry period is a time to address your worries proactively. This provides a container where your worries can live.

IN my CONTROL OR INFLUENCE

*OUTSIDE my DIRECT CONTROL
OR INFLUENCE*

NEXT STEP

What's one small step I can take to move this worry forward in a positive direction?

NEXT STEP

*How can I release this worry so it holds less power over my daily life?
What might help me reclaim mental space?*