

WORRYING.



The Tips to Stop Worrying are:

1. Remember LOC (locus of control) and your 50%. Work out what you can control in any situation. If you can't control the situation, focus on controlling YOUR reaction, thoughts, feelings about it.
2. Focus on your influence - same as above - you may not be able to control all things, but you will have influence over some things - focus on changing YOUR behavior/response in order to influence others in the situation - be a good role model and set healthy boundaries for yourself.
3. Identify your fears: What are you afraid will happen? are you predicting catastrophe? Are you doubting your ability to cope? Remind yourself that worst case scenario is usually not as bad as you might predict and you are stronger than you think. Remind yourself of past times you have handled incredibly challenging situations and you survived.
4. Schedule 'worry time' - use it to delay thoughts and worries as they arise.
5. Differentiate between ruminating and problem solving. If ruminating - use ACTION to pull yourself free or try to flip it into problem solving. Problem solving is proactive.
6. Notice your signs when moving into stress and distress and worry - learn to pull yourself out before it gets out of hand and takes over. The sooner you use these strategies, the better.
7. Use healthy affirmations:
 - "it's ok not to know (or have all the answers) right now"
 - "Make it happen" if worrying about an outcome.
 - "I can handle it" if it's something you have no control over.

Your challenge this week:

Journal about how worrying manifests in your life.

Commit to taking action next time it happens, and choose some of the above tips to trial.

We will debrief next session as to how you went - what you tried, did it work, how did it help etc.

Book Recommendations:

<https://untamedbook.com/?fbclid=IwAR0Hz0OscbHeSJm3T4L9HrQhjkow2x87F2AanYXLME-5b1l1zsVyTtwvf-s>

https://www.amazon.co.uk/Stop-Worrying-Your-Life-Track-ebook/dp/B004CCRYGK/ref=sr_1_1?dchild=1&keywords=ad%20kerkhof&qid=1602745800&sr=8-1&fbclid=IwAR1i9aW18kp8zSMliAS8Cwu1om_HbvggUcoMB1XGIsqKAbPurVWATSpUCOA