

Managing Worry

Worry can be a useful emotion, but excessive worry can negatively affect us

Worry is a normal emotion that can be beneficial in certain situations, for example it can motivate us to take action and plan for the future. However, when worry becomes excessive and uncontrollable, it can negatively affect our well-being. Here are some techniques for managing worry:

1 Become aware of your worries. This can help you identify patterns and triggers.

2 Challenge your worries. Are they just possibilities or are they probabilities? Try using a different perspective and consider other outcomes.

3 Practice mindfulness. Staying in the present moment using mindfulness can help you feel less anxious and less worried rather than your mind catastrophising worries in the future.

4 Take action: Think about whether there are reasonable things that you could do now to help you reduce the risk of the thing that you are worried about. This helps you feel more in control. For example, if you are worried about a work presentation, taking time to plan and prepare the presentation in advance will help reduce your worry about it.



Managing Worry

5

You can create a “worry time” ritual. For example, you might say, between 5:30 and 5:45pm is my worry time during which I will allow myself to think about all my worries. Then at 5:45pm you might start another activity such as making dinner or talking to someone to end your worry time and take your mind off them.

6

Accept uncertainty. Worry is often driven by uncertainty, practicing accepting uncertainty can help us manage our worries better.

7

Limiting exposure to the news or social media can help you reduce the number of things that you worry about.

8

Spend time with other people, particularly more optimistic people can help you be less preoccupied with your worries.

Accessing support for your mental health

For personalised support with a psychologist or therapist, you can contact us on [07 3254 0333](tel:0732540333) to request an appointment through your Employee Assistance Program. For more information visit www.axisclinic.com.au