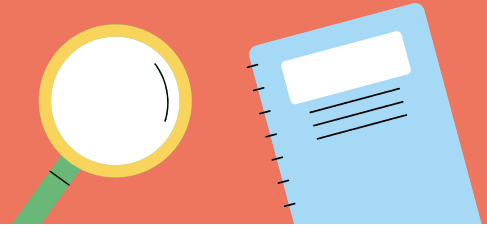


Worry Time Planner

Manage your worries effectively



Introduction

In this activity, you will learn how to manage your worries using a 'Worry Time Planner'. This tool helps you identify, categorize, and reflect on your worries, so you can distinguish between the things you can control and the things you cannot. You'll then take practical steps to manage or release your worries.

Everyone experiences worries from time to time. It's a natural part of being human. But, when worries start to take over your thoughts and affect your daily life, it's important to find ways to manage them. Learning to identify and address your worries can help you regain control and improve your mental wellbeing. Using the 'Worry Time Planner' will allow you to gain practical steps and methods to tackle stress and to improve your mental wellbeing.

Key terms in this activity:

- **Worry:** A feeling of anxiety or concern about actual or potential problems.
Example: Feeling worried about an upcoming test.
- **Control:** The power to influence or direct something.
Example: You have control over how much you study for a test.
- **Reflection:** Careful thought or consideration about something.
Example: Reflecting on how you felt after using the worry time planner.

Today's Date & Worry Time Slot

- Date:
- Scheduled Worry Time (e.g., 6:00–6:15 PM):

Worries That Came Up Today

Write down worries as they arise during the day (don't engage with them yet).

Is This In My Control?

- In my control
 - Not in my control
-

During Worry Time – Explore the Worry

What am I worried about? What is the worst-case scenario?

Reality Check

How likely is this? What evidence supports or does not support this worry?

Action Plan (If in My Control)

What small step can I take to address this?

Let It Go (If Not in My Control)

What can I tell myself to release this worry for now?

After Worry Time Reflection

How do I feel now? Has the intensity of the worry changed?

How to Use This Planner

- Notice worries during the day and write them down.
- Set aside a specific “worry time” (10–20 minutes).
- Only think about worries during this scheduled time.
- Sort worries into what you can and cannot control.
- Take action where possible, and practice letting go where not.
- Reflect on how you feel afterward.

Gentle Reminder



Worrying all day doesn't solve problems. Giving it a time and space helps you regain control.

Reflection

How has planning out your worry time helped you today?

Why is it important to distinguish between what you can and can't control?

Will you continue to use the worry planner, why or why not?