

**Watch Video: [3 Tools To Manage Worry - Two Types of Worry - YouTube](#)**

**Step 1 - Recognize Your Worry:**

- Helpful Worry is: thinking ahead, anticipating problems and using problem-solving on those problems
- Unhelpful Worry is fretting about: things you can't change or things that may or may not come to pass

**Step 2 – Use Worry Decision Tree: Separate out Real problem worries vs. hypothetical worries:**

- Real Problem Worries are worries that are currently affecting you (i.e., needing to find toilet tissue, needing to take care of infant who's crying)
- Hypothetical worries are worries that are not true at the moment, but might happen in the future (e.g., worrying that you'll get sick,
- Use Worry Decision Tree to identify Real Problem vs. Hypothetical Worries and Ask yourself:
  1. What am I worrying about?
  2. Is a problem I can do something about?
    - If yes:
      - Then list your options of possible interventions or actions you can take
      - Of those options, ask yourself: is there anything that you can do right now?
        - If yes, do it now then "Let go of the worry"
        - If no, then plan what you can do and when you will do it, then "Let go of the worry"
    - If no:
      - Then "Let go of the worry"

**Step 3: How to "Let go of the worry"**

- Indulge Your Worry at scheduled appointment times for up to 5 minutes no more than 30 minutes
- Schedule an appointed time for dedicated worrying
- Have a dedicated place where you worry and in a formal way (location or in a specific journal)
- Use this template to actively record your worries during your timeframe: [worryrecord3.pdf](#)

**Step 4: When your scheduled time to worry is up, then practice mindfulness techniques to pull you away from your worry thoughts**

- Examples of mindfulness techniques: deep breathing, using your senses, focus on sensation of breathing, practice gratitude (see video)