

## Designated Worry Time

You wanna worry and stress about all the things that could possibly happen right now?

Fine, you have 15 minutes 🤔

I know that sounds weird but let me explain.

Rather than engage in all the shitty thoughts and stresses as you try to go about your day to day, I capture those pesky thoughts & engage in them when I choose to.

But to get you started with this process, we're gonna do the following:

1. Set aside 15 minutes. Grab a pack of post-it's and write each thing you are worried about on them - 1 per post-it.

Literally everything:

- \* whether you'll get new clients/last the day at work
- \* global warming
- \* not spending enough time with the kids
- \* the dreaded virus
- \* how you're gonna pay the bills
- \* how to make cook the same dinner for the third night in a row without anyone noticing
- \* whether your partner is secretly in love with Keira Knightley/Louis Theroux

ANYTHING & EVERYTHING - do some serious worrying!



2. Next, sort those post-it's into two piles



Take the pile that you CAN'T do anything about - there is NO point in worrying about this.

Throw this pile in the bin.

Rip it up.

Burn it. Eat it (good fibre) 🍌

Flush it down the toilet 🍑

3. Now look at the list you CAN do something about. Sort them into priority order starting with the ones having the biggest impact on you right now, to the least.

Pick the TOP ONE and make a plan.

IF this thing were to happen, what would you do?

Can you reduce or mitigate the problem? What resources do you have to help with it (time, money, people).

Do you know anyone who's dealt with this problem before? Can you ask them for help?

Write your plan out - is there anything you can take action on NOW?

## Maintenance (staying in control)

Now you're probably thinking how the fuck am I gonna sit down and worry every day for 15 minutes.

Do I even want to?

Can I afford the post-it note bill?

The good news is, you don't have to.

Just repeat this exercise once a week to keep on top of those things that niggle away at you.

Until then, as you go through your day, carry that pack of post it notes with you.

Every time a worry or stress pops into your head, capture it, and add it to the pile.

DO NOT engage in the thought until your designated worry time.

Of course, if it's a huge thing that needs addressing right away, then go back to step 3 and make a plan.

You'll find the more you do this, the less you worry.

You're training your brain to see through a lens of things that are relevant to YOU and to be solutions-focused.

Stress CAN be a good thing IF we focus on creative problem solving and solutions, rather than wallowing around in a woe-is-me state & thinking we can't change the way things are.

## Be your own scientist

As with all things we do in the Dojo, I want you to treat yourself like an experiment - don't worry, not in a Frankenstein's monster kinda way 🐱

What I mean is, rather than just blindly follow along with this task & then never understand why/if it worked or didn't work for you, let's collect some data (you knew it was coming 😊) so you can double down on the bits that work, and tweak the ones that don't.

Answer the questions below & figure out if this strategy for managing worries works FOR YOU.

## Did this help me?

**How easy or difficult did you find the task? Were there any barriers to doing it?**

**Did you feel any resistance to doing it?** *Couldn't be arsed, didn't want to, felt there were more useful things you could be doing, felt scared about writing it down?*

**Did you feel like you worried less afterwards?**

**Were there any other benefits?**