

Worry time can be helpful to manage our hypothetical worries (future based ones which we cannot control, often "what if..."). Worry time is a chosen time in the day for you and your child to explore the worries together, and think about how to manage them moving forward.

It is important to postpone hypothetical worries throughout the day and wait until worry time to think about them. This is because we cannot control the uncertainty of them and we cannot problem solve something which may/may not happen.

Until it becomes a practical worry, we must adopt coping strategies to accept the worry, then "let it go". Having a set time to worry helps us gain control of our worries, meaning we are not worrying throughout the whole day. It can be difficult to "let the worry go" but you can use some distraction/grounding techniques. the more you practice the easier it becomes.

PLANNING WORRY TIME

WHEN & WHERE

We need to find a suitable time and place where we won't be interrupted. Consider doing this on a walk or in their room.

TIME

Not too close to bed time - it can be hard to switch off when trying to go to sleep.

BUT later in the day is best as worries will have built up

ROUTINE

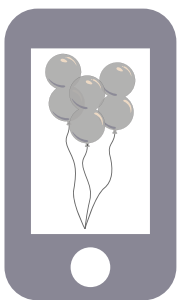
Stick to the same routine (time and place) for consistency. This will help to postpone worries as your child will know that worry time is coming later.

HOW LONG?

Agree on a time limit. Any worries not addressed can be discussed at the next worry time.

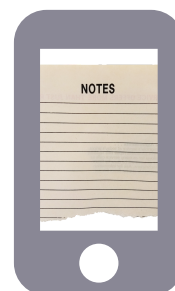
Can you regularly commit to this time?

IDEAS FOR A VISUAL WORRY TIME



Write your worries on a sticky note and when you finish worry time you can scrunch it up and throw it away!

Make a list of your worries to cross off once you have spent time on them

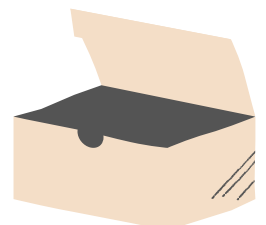


Put your notes in a box/bag/monster. Throw them out or remove them afterwards

Mobile phone app - worry float.
Write your worry on a balloon once you are finished and "let it go" watch it float away



Make a list on your phone/tablet to delete them afterwards



1.
Record their worries as they come up. This could be written down by them, you, or recorded in another way. This helps you to remember what to bring to worry time and gets it out of their head.

2.
Encourage your child to refocus on something else or distract them from the worry. Until worry time, we want to "let the worry go". You might want to use grounding or distraction games.

3.
In worry time, discuss and explore your child's worries. You may plan what you will do.

Use the ideas below to help you to structure worry time for your child.

IS IT A WORRY THAT CAN BE PROBLEM SOLVED? TRY SUPPORTING THEM TO COME UP WITH, AND WEIGH UP, DIFFERENT SOLUTIONS?

CAN YOU COME UP WITH A PLAN TO SUPPORT THEM WITH FACING THEIR FEAR USING A STEP-BY-STEP APPROACH?

CAN YOU THINK OF WAYS YOU CAN BUILD THEIR CONFIDENCE AND INDEPENDANCE WITH NEW ACITIVITIES, RESPONSIBILITES AND CHALLENGES?

IS IT ENOUGH FOR YOUR CHILD TO JUST SIT AND VOICE THE WORRIES TO MAKE THEM FEEL HEARD AND VALIDATED?

CONSIDER USING PRAISE AND REWARDS FOR WHEN YOUR CHILD HAS FACED DIFFICULTIES AND OVERCOME THEM.

HELPFUL REFLECTION QUESTIONS TO ASK:

What advice would you give to a friend if they had this worry?

Is the worry likely to happen, or is it a worst case scenario?

Would continuing to worry about this throughout the day have made any difference to the outcome?

Has your worry come true before?

Are you only thinking about the bad things? What about the good?

MY WORRY TIME PLAN:

WHEN? **WHERE?**

HOW LONG FOR?

WHAT MIGHT GET IN THE WAY?

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