

DISASTER MENTAL HEALTH HUB

Disaster recovery toolkit



Worry management sheet

<p>Create a Worry Time Choose a particular time, place, and length of time for worrying. This time, place and duration should be the same each day (not too close to bedtime). Make this place unique and comfortable, free from distractions. It should not be somewhere you go to regularly, like a lounge room chair.</p>		
<p>During the day: Postpone your worry</p>	<p>During worry time: Write it down and assign solvability</p>	
<p>At any time during the day that is outside of your worry time, briefly note in 3-5 words here what it is and then remind yourself <i>I will have time to think about this later</i> and try to do something distracting rather than worry.</p>	<p>During your worry time, take the time to write more about your worries, write out as much as you can about them on this sheet.</p>	<p>Put a mark here if you can change what you're worrying about.</p>