

Your Virtual Guide to improve your
Mental Health and Wellbeing.

Tips to deal with excessive worries

This self-help guide was made to help
people with **mild to moderate symptoms**.

If you are not sure how you feel, ask for
a **Psychological Coaching** with our Clinical
Psychologists.



CONCERN FOR WHAT WILL HAPPEN

We usually have a great capacity to mentally anticipate and simulate future events, i.e. "thinking ahead", which means that we can foresee obstacles or problems. This gives us the opportunity to plan for their eventual resolution. As long as it helps us to achieve our goals, "thinking ahead" can be adapted. **Worrying** is a form of thinking about the future. It has been defined as thinking about future events in a way that leaves us feeling anxious or in a bad mood.

RECOMMENDATIONS TO REDUCE CHRONIC WORRYING

1. **Identify and replace worrisome thoughts.** Write down your troubling and distressing thoughts. Next to each concerning thought, list the evidence against it.

For example, if you are worried that your plane might crash during an upcoming air travel, you can counter this thought with this one:

Statistically, air travel is safe. Skilled, professional, and competent airline crew are in control and I can just relax and enjoy my trip.

2. **Be realistic.** If your mind has been overpowered by chronic worrying, your risk assessment skills may be distorted. You may even feel consumed with concerns about future possibilities when there is no real evidence that the negative outcomes will actually happen.

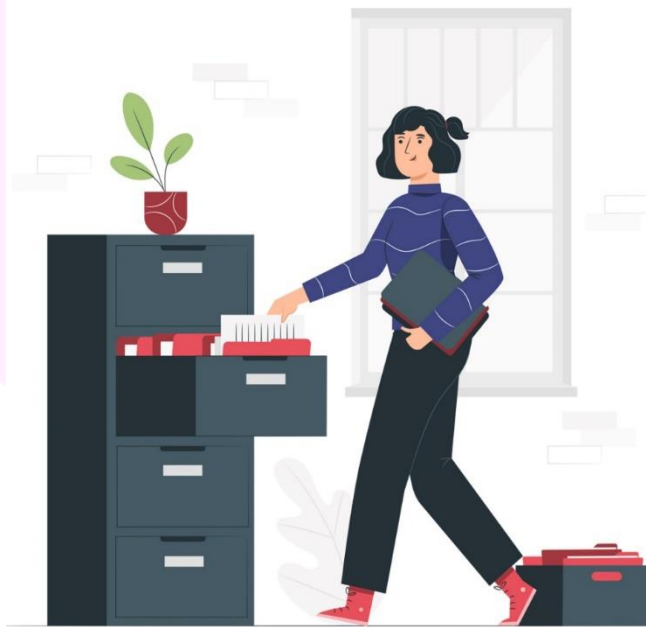
Fighting thoughts is a bit like wrestling in quicksand. It only makes you sink deeper. Instead of battling your thoughts, you can simply untangle your worrisome thoughts and look at them objectively and calmly.

For example, maybe you constantly worry about your job performance and you fear being fired, but you haven't received any indication from your boss, or anyone else for that matter. Looking at your situation realistically can help reduce your concern.

3. **Avoid guessing.** When you are worried about a future event because you are imagining a negative outcome, you are, effectively saying: "I can

predict the future". Worry itself serves no purpose unless it drives a plan of action. If you are going to think about something in the future that you are worried about, do so only to find a way to resolve it.

Trying to read someone's mind doesn't usually work too well. Instead, it can very easily lead to creating an exaggerated and even catastrophic scenario in your mind. Therefore, choose a path that is less likely to generate worrying and misunderstanding. Communicate and ask the questions you want to ask. By doing so, you will promote openness in your relationships with others, as it will avoid a lot of unnecessary conflict and negativity.



4. **Schedule a specific time to worry.** Some people find it helpful to schedule 30 minutes each day just to worry. If worrying thoughts come up at any other time, set them aside by telling yourself that you have a scheduled time to worry. The goal is to worry only for those programmed 30 minutes per day.
5. **Learn and practice relaxation techniques.** By learning and practicing relaxation techniques, you can reduce intrusive worry. Some techniques that can be helpful include deep breathing, progressive muscle relaxation, guided imagery, and meditation.