

Resources to introduce to help manage negative thoughts

Worry time

Worry time can help us to create an 'appointment' each day to focus upon our negative thoughts or worries, outside of that 'appointment' time we can learn to train our brain to disengage with those negative thoughts and worries by acknowledging them and then diverting our attention elsewhere.



You can learn how to do this by following the directions below for 3-4 days a week as an experiment.

1. Decide on a set 'worry time', ideally 30 minutes per day. This time must be scheduled in advance and don't go over or under the set time.
2. Outside of scheduled worry time, acknowledge worrisome thoughts as they arise, note them down (helpful to have a notepad with you and by your bed to help with this), and then use distraction or direct attention elsewhere so as not to engage in a worry cycle.
3. At worry time, choose a quiet place, collect all noted worries since the start of your day, open worry book or notepad and allow yourself to worry. To worry you can doodle, note down worst-case scenario thoughts, think about negatives of the situation.
4. Worries should fall under the following three categories:
 - **No longer a worry** – as you haven't engaged in the worry initially the concern no longer remains; throw these notes away.
 - **Practical worries** i.e. Paying a bill – Use a problem-solving approach to these; weigh up the pros and cons of all options and write and carry out an action plan for the best solution.
 - **Repeated or relevant worries** – Use the worry diary approach here: weigh up the factual evidence for and against the worry and aim to re-balance the worry.
5. At the end of your worry time, close your worry book and put it away, revert to step 2. You may need a strong distraction to shut down your worry related focus.
6. The introduction of a 'positive data log' to our everyday life can help us to train our brain to stop jumping to the conclusion that the situations we find ourselves in or our experiences are all negative. To do this, we need to learn again to notice the positives, the following links can help you to introduce this technique into your day to day routines:
<https://www.getselfhelp.co.uk/docs/SHARP.pdf>
<https://www.getselfhelp.co.uk/docs/PositiveDataLog3.pdf>