

Worry Time

A worry jar is a useful tool that can help you with your worries and anxious thoughts. The benefit of worry time is that it can help to contain worry to a specific part of the day, rather than allowing it to spread and disrupt daily life. It can decrease the overall time spent worrying and increase the sense of control over one's thoughts. It's also a technique that can improve problem-solving by concentrating on concerns when you're in a better position to deal with them constructively.



1. Schedule a set time: Choose a consistent time each day that you can spend in a quiet space for about 15-30 minutes.
2. Postpone worrying: During the day, if you find yourself worrying, write down the worry. Then, make a conscious decision to postpone further thoughts about it until your scheduled worry time.
3. Worry during worry time: During your worry time, go through the list of worries. Try to approach them constructively. You can think about possible solutions to your problems, consider the reality of the concerns you have, or plan for dealing with them.
4. End with a relaxing activity: After worry time, engage in a relaxing activity to transition out of your worry period. This helps to clear your mind and reinforce the boundary between worry time and the rest of your day.

