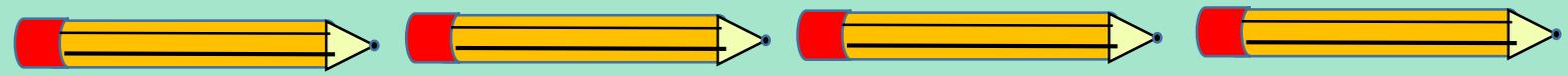


How Does “Worry Time” Work?

Notebook
1. Being late to my exams ...
2. Can't sleep before exams...
3. Stomach rumbling during exams

When you cannot change your worry into something solvable and continue to worry many of the time, it may be better for you to **limit** your worrying time to a **fixed but short** period of time. In this way, you can shorten the time you spent on worrying so that you can **free your mind** to focus on other important things.



Steps :

1. When you begin to worry, **write them down**. Remind yourself that you can worry about them in your "Worry Time". Then **bring yourself back to the present moment**, such as what you are doing, or **your senses**, such as the coolness of drinking water. 
2. Repeat the above steps when you have new worry.
3. Choose a fixed period of time each day for “**Worry Time**” which lasts for **10 to 15 minutes**, but not before bedtime. Focus your attention on the worries you have written down and try not to be disturbed. When time is up, **stop and throw away the list**. 
4. Write down your worries again when they come up again and repeat the above steps.



Student Health Service,
Department of Health
Emotional Health Tips