



## WORRY TIME

This strategy is suggested in the 11-14 BrainWaves lesson:

### Managing Worry

#### About worry time

Worry time is a cognitive behavioural strategy to manage excessive/unproductive worries by allocating a specific time of day to focus on worries, instead of allowing worries to persist and interfere throughout the day. The strategy suggests that individuals schedule an amount of time to reflect on their worries, and that any worries outside of this allocated time would not be focused on and postponed until the set time. This prevents obsession and allows individuals to have control over their thoughts so they may have improved mental wellbeing.

#### The scientific evidence behind worry time

Research conducted on worry time suggests that it can be an effective strategy for decreasing worries, anxiety and even somatic complaints. The findings of these studies suggest that worry time is helpful for managing anxious thoughts, especially when combined with mindfulness strategies.

Dippel, A. et al. (2024). Effects of worry postponement on daily worry: A meta-analysis. *International Journal of Cognitive Therapy*, 17(1), pp.160-178.

<https://doi.org/10.1007/s41811-023-00193-x>

Jellesma, F.C. et al. (2009). Postponing worrisome thoughts in children: The effects of a postponement intervention on perseverative thoughts, emotions and somatic complaints. *Social Science & Medicine*, 69(2), pp.278-284.

<https://doi.org/10.1016/j.socscimed.2009.04.031>

Brosschot, J.F. & Van Der Doef, M., 2006. Daily worrying and somatic health complaints: Testing the effectiveness of a simple worry reduction intervention. *Psychology and Health*, 21(1), pp.19-31. <https://doi.org/10.1080/14768320500105346>

#### Further reading

The NHS provides several strategies to tackling worries, including a description of worry time:

<https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/self-help-cbt-techniques/tackling-your-worries/>



This short video elaborates and explains how to use worry time:

[https://www.youtube.com/watch?v=9Uoef3M\\_hzE](https://www.youtube.com/watch?v=9Uoef3M_hzE)

This article from Very Well Mind outlines the benefits of worry time:

<https://www.verywellmind.com/worry-time-the-benefits-of-scheduling-time-to-stress-5267979>