

Giving Worry a Defined Time

Anxiety and worry | Adults and teens 13+ | 10 to 15 minutes

Experiment with a brief planned period for recurring worry.

If worry keeps interrupting your day, you can experiment with giving it a brief, planned space. This is an invitation to redirect attention, not an instruction to suppress thoughts or ignore something urgent.

Make a small appointment

Choose a ten to fifteen minute period that is practical and not right before bed. When a recurring worry appears, jot a few words and gently return to the activity in front of you. A real safety concern needs attention now.

Use the time intentionally

At your planned time, review what still matters. Choose a practical action where possible. For questions without a current answer, name the uncertainty and decide how you want to spend the next part of your day. Adjust or stop if the experiment increases distress.

My planned worry time and a helpful place

A brief worry note without the full story

What needs a practical action and what remains uncertain?

The activity I will return to and how I will know this helped