

Tips for worry management

Everyone is an individual, but generally speaking we want to:

- **Cognitive Defusion**

- If thoughts are “sticky”, cognitive defusion and creating space can be very helpful for those who have rigid beliefs. “Identifying the story” not arguing against it with logic

- **Sticky Metaphors**

- Short, easy to remember statements/mantras can help detach from worries

- **Separate anxiety from sensory dread**

- Give the client language, and distinguish anticipatory anxiety from sensory dread/ *knowing* a situation is going to be uncomfortable

Use visual aids and give examples when explaining hypothetic vs practical worries

For problem solving, break down into very small steps and explore **barriers**

Practice how to postpone worry in session with a specific phrase

For worry diaries, consider worry **voice notes** or mobile apps

Untangle anticipatory anxiety vs sensory dread that can be accommodated

Be flexible on duration of worry time but agree specifics

Alexithymia might make it difficult to identify when they are anxious, use behaviour based cues to identify

Acknowledge the tendency to be rigid in thinking, prompt extra thought when brainstorming strategies in problem solving

