

## STRESS ORGANIZER

A reminder: We all worry, so why not worry in a way that makes life more fun?

- At set times for about 15 - 30 minutes a day, or even twice a day, focus totally on worrying, and *write your worries down*. If you're worrying in bed - get up. And remember, try to:
- Worry at a desk or other special location - with pencil and paper

### TWO KINDS OF WORRIES.

1. Those you CAN do something about
2. Those you CAN'T do anything about

Look at your large worry list (page 7) and put each worry or problem in the columns below, depending on whether you can control the problem or not.

WORRIES I CAN CONTROL	WORRIES I CAN'T CONTROL

**Next, put a number beside each problem you can control. This will rank it according to how urgent you feel it is to do something - the most urgent is # 1. Take your problems one by one and brainstorm ideas for action.**

### EXTRA WORRY TIPS:

- Describe worries accurately - What EXACTLY is it about a situation that upsets you?
- Break down big worries into smaller ones. If your job is stressful, is it the job in general, a particular task, something minor like interruptions, too much work, your boss - or what?
- If it hasn't already, find out the odds that your worry will actually happen
- To get a perspective, ask yourself: "*How much will this bother me in three years time?*" Or, "*How does this compare with.....*" (An event that would **really** stress you out like having a child kidnapped!)