

# WORRY MANAGEMENT

## FACT SHEET

Worry Management is an intervention used to help people who are struggling with symptoms of anxiety.

Worry is a normal process that we all experience, however sometimes worry can become overwhelming and impact our ability to manage day to day.

There are several ways that worry is maintained, these include:

### Avoidance or distraction:

It is normal for us to avoid the things which are causing us to worry or try to distract ourselves from the worries in our minds.

### Beliefs about worry:

We may have certain beliefs about worry. These beliefs can make it hard to stop worrying, or make the worry worse.

### Putting things off:

We might not have enough time or energy to tackle our worries. If this happens our problems can pile up and cause us even more worry.

Worry management is a set of techniques to help reduce the impact of worrying or to solve practical problems. Worry management includes identifying and classifying worries initially then using either [Worry Time](#) or [Problem Solving](#) to manage these.

### Thoughts

Negative Automatic Thoughts

### Behaviour

Leave or Avoid the situation



### Feelings

Worried, Sad, Scared, Anxious

### Physical Feelings

Shaky, Sick, Heavy Breathing

Feeling worried can cause us to feel uncomfortable physical feelings in our body as well as negative thoughts in our head.

It is these feelings and thoughts that can stop us from doing things!

Worry Management helps us to break this cycle so we think less anxious thoughts, leading us to feel better (emotionally and physically), ensuring our worry doesn't stop us from doing things!

As part of this intervention your young person will be set weekly home tasks to support the learning from each session, as evidence shows this promotes intervention outcomes.

We ask that you support your young person in the completion of these tasks.



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## BEHAVIOURAL ACTIVATION

### FACT SHEET

Behavioural Activation is an intervention used to help people who are struggling with low mood. The main idea behind Behavioural Activation is that, when low in mood, we get stuck in a vicious negative cycle. To feel better, we therefore need to change something in the cycle so that it becomes a positive cycle.

### BREAKING THE VICIOUS CYCLE

#### Feel Low:

Feel down and sad.  
Feel tired and exhausted.  
Feel bad or guilty.  
Feel unmotivated.  
Feel hopeless or like nothing will get better.

#### Do Less:

Slow down physically and mentally.  
Do less things.  
Avoid seeing friends/family.  
Difficult to find motivation to do things.

#### Get less out of life:

Stop getting enjoyment from life, stop feeling any sense of achievement and feel isolated from others.

A proven way to break this cycle is to start **DOING** more meaningful and enjoyable activities. This can be very difficult at first. We know that activities helps us to feel happier, distracts us from negative thoughts & makes us feel more motivated. The more you do it, the happier you will feel, the closer you will feel to others and the more you will feel a sense of achievement.

**DO MORE OF  
WHAT MATTERS**



**FEEL BETTER  
AND HAPPIER**

## GET MORE FROM LIFE

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# GRADED EXPOSURE

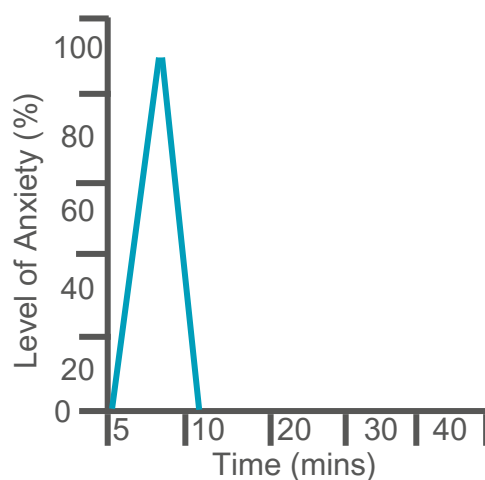
## FACT SHEET

Graded exposure is an evidence based treatment commonly used when you are avoiding something that causes fear. It works by putting you in charge and creating a plan to help you face the things that you are avoiding as a result of your anxiety in a graded way, at a pace that suits you.

### HABITUATION AND ANXIETY CURVE

When we feel anxious we may avoid the things or places that make us feel that way. When you do this, your anxiety comes down quite quickly. In the short term this provides some relief from the unpleasant symptoms experienced and may encourage you to avoid the fearful event again in the future.

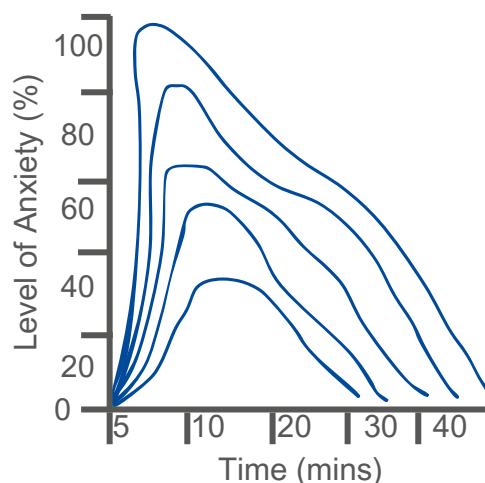
However as you continue to avoid the fearful event a pattern of avoidance is created and you will feel just as anxious the next time you are faced with the fearful event. This will lead to a vicious circle of avoidance and anxiety.



### UNDERSTANDING THE ROLE OF AVOIDANCE

Exposure and habituation works by breaking this vicious cycle, this is done by gradually exposing yourself to the fearful event without avoiding or escaping from it. You start with easier situations to face first and each time you do your exposure treatment you remain with the anxiety feelings long enough for them to come down naturally without avoiding or escaping from them.

This is called 'habituation'. As your anxiety symptoms naturally reduce you will learn that the fearful event is not what is causing you anxiety. This will help to break the vicious cycle of avoidance and anxiety.



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