



Scheduled Worry Time

Train your mind to set worry aside — then handle it on your terms.

Chronic worry feels productive, but circling the same fears all day rarely solves anything — it just keeps your nervous system on alert. “Worry time” is a well-established technique for generalized anxiety: instead of trying not to worry (which backfires), you postpone worries to one scheduled window. Over time your mind learns that worries can wait, and many shrink or resolve before the window even arrives.

How to do it

- Pick a daily 15-minute worry window — same time each day, and not right before bed.
- When a worry pops up, jot it below and tell yourself: “not now — worry time.” Then return to what you were doing.
- At worry time, review the list. For each, ask: can I act on this, or is it a “what-if” I can't control?
- Solvable worries get one small next step. Hypothetical worries get acknowledged and released.

This week's worries

Worry	Solvable? (Y/N)	One next step — or let it go

My worry window (day & time)	
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