

# Wellbeing Tip of the Week

## Managing Worries



From time to time, we can all feel worried, or uncertain about things, it is natural to feel this way, especially about the future, or things we have limited control over. However, too much worry can lead to feelings of anxiety and tension and that can often affect our wellbeing too.

**Here are some tips that might help us manage our worries and the feelings that they evoke:**

- **The 5-year rule.** Think about whether this will matter to you in five years' time, will you even remember that you were worrying about this in 5 years, or even in a week, a month, or a year?
- **Writing solutions.** Write a list of things you could do to solve your worry, and if there's anything you can do now, then do it straight away. If not, make a plan of when, where and how you'll tackle the problem. When you've done what you can, continue with your day, and cast the worry aside.
- **Share your worries.** Worries do not survive well outside our heads. Talking to a friend or relative can help us see the bigger picture and think of different solutions.