

Stop worry and go to sleep

Your brain has learned to associate laying down in bed with worry time. Worry serves a function and so we cannot just stop worry. The brain needs time to work out these worries without distraction.

So here is the task.

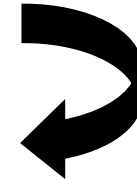
1. Give yourself a new time and way to worry.
2. Create a new association and pathway in your brain

Steps

- 1. Deliberate worry** - Schedule a time during the day, everyday and remove distractions. Write out your worries. Make a list.
- 2. Sort** – Your brain is very powerful at imagining outcomes and possibilities. This can be very helpful but we can also imagine the worst-case scenarios. Sort out those that are actionable.
- 3. Create a plan** – What is a small step you can take? Make a plan and set a reminder.
- 4. Acceptance** – Some problems cannot be solved right away. What is and what is not in your locus of control? Some things you might decide to not take action on. Worry is our mind's way of deciding what we are going to do about things. You can decide to do nothing. (Inner circle, outer circle)
- 5. Shifting your focus** – Be intentional about what your brain is going to focus on. Gratitude journaling.

I CANNOT CONTROL

(So, I can LET GO of these things)



I CAN CONTROL

(So, I will focus on these things.)

