

REFLECTION TIME



QUICK EXPLANATION

Worry is a common problem amongst students. Worry is the term given to anxious thoughts and the feeling of anxiety. Worry can impact your day to day life as it effects your concentration, sleep, memory, mood and decision making. Thoughts can be intrusive, constant, intense and often about many different things all at once. If you are struggling with 'overthinking' or 'worry' this activity might will help you set time aside to go through some of your recurrent worries.



AIM

To help you to be more mindful and to utilise hindsight when you are experiencing worry.



INSTRUCTIONS

This task asks for those who have a lot of worries to write them down, put them to one side, then to revisit these thoughts when they are in a safe space and use hindsight to help challenge the thoughts.

1. Start writing down the content of your worries, regardless of how "silly" or "irrational" you think the thoughts are. This helps to use perspective in the situation that has caused the worry.
2. Once you have written down the worry, it is important to try and concentrate on what the task was at hand, whether it was social situation or an exam.
3. Pick a suitable time later on in the day to revisit the worries, such as a time in the evening (but not too close to bedtime).
4. Read through your thoughts and use hindsight to see if your worries were correct or if it was their anxiety causing the thoughts. If some of the worries are still present then take a look at the Problem Solving activity or the Breathing Task activity to help.

If you have an anxiety disorder and are struggling to cope or your worry is severely impacting you day to day please contact the [Student Wellbeing Service](#).

Remember that change can take time, practice and patience so persevere.



RESOURCES

None needed.