

WORRY WRITING

QUICK EXPLANATION

This activity can help you to control any rushing thoughts, worries or constant planning that might often run through your head. It is common at uni to 'over-think' or struggle with staying focused. Having lots of thoughts in your head is something a lot of people can struggle with, and it can affect different areas of your lives such as sleep or academic performance.

This activity asks you to write down your thoughts. There can be many benefits to writing about thoughts and emotions, including helping people to 'get something out of their head', put a different perspective on it, or externalising a problem. There are many other forms of 'writing therapies', which can be used through self-help.



AIM

To help alleviate overthinking and quieten your mind.



INSTRUCTIONS

Write down your worries when you are feeling overwhelmed or at a time when you have space to reflect. Think through the following:

1. All you need is a piece of paper or notepad and a pen.
2. Start writing whatever thoughts come to your mind, whether you feel they are silly or distressing. It may not make much sense, but this is how your mind works.
3. You can write in words, sentences or however your thoughts are coming to you.
4. Don't edit your thoughts or what you are writing, simply write.
5. After about ten minutes look back over the words, and is there anything you want to problem solve or spend more time with? If not throw it away.

It may be useful to talk have a look at the activity called the worry tree aswell.

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



RESOURCES

Paper, pens