

Living With Worry and Anxiety

What Can I Do About Worry?

It is natural for you to worry at the moment, but if you feel that it's becoming excessive and taking over your life – for example if it's making you anxious, or if you're struggling to sleep – then it might be worth trying to find ways to limit the time you spend worrying, and taking steps to manage your well-being.

MAINTAIN BALANCE

We are social animals so it is important to find creative ways to avoid social isolation.



Utilize social media, phone, and video calls to share online activities like a virtual book or film club.



POSTPONING WORRY

Deliberately set time aside to worry. Maybe start with 15-30 minutes a day.



This might be weird at first but that means you're trying not to worry the other 23 1/2 hours of the day.

SPEAK WITH COMPASSION

Worry can come from a place of concern - we worry about others when we care for them.



You can practice responding to your anxious or worrying thoughts with kindness and compassion.

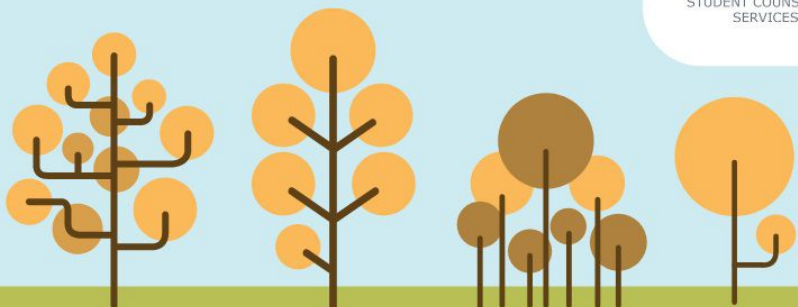
PRACTICE MINDFULNESS

Learning and practicing mindfulness can help us to let go of worries and bring ourselves back to the present moment.



Focusing on the gentle movement of your breath or the sounds you hear around you, can serve as helpful 'anchors' to come back to the present moment and let go of worries.

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For more suggestions and worksheets on how to practice these skills go to <https://www.goucher.edu/experience/living-well/student-counseling-center/>