



Let's Let Go Worksheet

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Please *anonymously* log your participation by clicking [HERE](#).

Worry: *Verb*; give way to anxiety or unease; allow one's mind to dwell on difficulties or troubles

Worry is a normal part of life. When worry becomes excessive, however, it can increase anxiety and reduce mental and physical health. It is incredibly difficult to try to stop worrying; therefore, instead of avoiding worry this activity will give you a dedicated time to worry in a structured, constructive way.

Setting Up "Let Go" Time

- Allot time each day to productively worry. It is recommended you set aside 15-30 minutes (but, no more than 30!).
- It is important for you to be able to have a hard stop time to move your attention away from the worries. To help stop the "let go" time, you could practice mindfulness techniques, read a book, cook or play a game.
- It is ideal to try to schedule your "let go" time around the same time every day, but we know this isn't always possible. You could make a goal to do this during your lunch break or right before dinner. However, it is not recommended to do this right before bed.
- It is recommended to do your "let go" time somewhere like a desk or table. You shouldn't do your "let go" time in bed or anywhere you typically rest because you don't want to start associating your worries with where you relax.
- *What if worries pop up at other times of the day?* Write them down somewhere to postpone them until your next "let go" time. Then go do something else such as exercise, meditate, etc.

Effectively Using "Let Go" Time

- For each worry, ask yourself "*Can I do anything to control or change the thing I am worried about?*" If the answer is...
 - **YES:** Make a plan!
 - *Example:* "I am worried about my upcoming presentation."
 - **PLAN:** Practice presenting in front of family and gather feedback.
 - **NO:** Ask yourself, "Is it worth it to continue worrying about this?" "Is there anything I *can* do?"
 - *Example:* "I am worried about my friend who is ill." This is out of my control; I *can* ask if they need anything and lend a hand if needed.

For the next two weeks, strive to have daily "Let Go" time.
You can use the following worksheet or whatever works for YOU.



DATE:

Let's Let Go Worksheet

WORRY	IS THIS IN MY CONTROL?	PLAN/LET GO
	YES <input type="checkbox"/> NO <input type="checkbox"/>	
	YES <input type="checkbox"/> NO <input type="checkbox"/>	
	YES <input type="checkbox"/> NO <input type="checkbox"/>	
	YES <input type="checkbox"/> NO <input type="checkbox"/>	
	YES <input type="checkbox"/> NO <input type="checkbox"/>	
	YES <input type="checkbox"/> NO <input type="checkbox"/>	