









Managing Worries

	Objective: To develop a helpful approach towards managing worries.
	Time Requirements: a. Preparation: 0-5 minutes b. Activity: 10-15 minutes
	Items: a. Managing Worries Handout
	Learning Outcomes: a. Ability to identify triggers of worries (EI Subskill 1: Understanding Own Emotions). b. Ability to develop an action plan that motivates actions towards resolving worries (EI Subskill 2: Managing Own Emotions).
	Key Learning Point: Worries can be managed by understanding what is within, and beyond our control.
Self-Disclosure: ***	
Difficulty: Intermediate	

Instructions

1. Begin the activity by asking the participants if they are currently worried about something. Participants don't need to share their worries with others publicly, but this question helps ready them for the activity. You can also tell participants that when we worry, we may have the tendency to make 'mountains out of molehills' or 'catastrophize' a problem which has yet come to pass.
2. Give participants the Managing Worries Handout. Give the participants about 10 minutes to complete the four segments of the diagram. Complete Sections 1 and 2 first before Sections 3 and 4.
3. After 10 minutes, get participants to think of at least one action or step they can take so that they increase their chances of attaining the best possible outcome. If the event is one which is highly uncertain, or with many ambiguities, ask participants what additional information they would need to that would help them make a decision that would help their chances of reaching the best possible outcome.

	Reflection Questions: a. What did this exercise tell you about the nature of worries?
	Further Reading and References: a. Ramirez, G., & Beilock, S. L. (2011). Writing about testing worries boosts exam performance in the classroom. <i>Science</i> , 331(6014), 211-213. doi: 10.1126/science.344.6180.151 b. Murray, E. J., Lamnin, A. D., & Carver, C. S. (1989). Emotional expression in written essays and psychotherapy. <i>Journal of Social and Clinical Psychology</i> , 8(4), 414. doi: 10.1521/jscp.1989.8.4.414
	Note: a. When completing Section 3 on the handout (The least desirable outcome would be...), remind participants to be reasonable and realistic about what could be the least desirable outcome.