

Worry Time

Worrying all day rarely solves anything — it just wears you out. “Worry time” gives worry a set place to live, so it stops following you everywhere.

HOW IT WORKS

- 1 Notice & jot.** When a worry shows up during the day, write it on the Park-It list below — then gently return to what you were doing.
- 2 Postpone it.** Tell yourself: “Not now — I’ll think about this at my worry time.”
- 3 Sort it.** At your set time, read the list and sort each worry: can I act on it, or do I need to practice letting it go?

MY WORRY WINDOW

When (15–20 min, not near bedtime)

Where

PARK-IT LIST — JOT WORRIES HERE AS THEY COME

AT WORRY TIME, SORT THEM

Solvable → one small next step

Not solvable → what helps me release it

Most worries aren't fully solvable in the moment — and that's okay. Naming that honestly is its own kind of relief.