

Mindfulness and Worry



I want you to imagine what life would be like if you did not worry about anything?

Now I want you to imagine what life would be like if you worried about everything and let the worry control your behavior?

Extinction!

Worry Is Normal!

Especially in a global Pandemic...

Worry helps to keep us safe and can be very helpful.

However there is also unhelpful worry that can cause us to miss out on things in life and this worry can sometimes suck us into a vortex!

Helpful Worry- The Protective Factor!

Worry may be helpful if an individual has control over the thing they are worrying about and they can do something about it!

If I am worried about spreading/catching Corona virus, I am more likely to take the precautions seriously, engage in good hygiene and social distancing and take the self-assessment tool online if I am feeling sick.

- These are things I can control!

Unhelpful Worry- The Vortex!

Worries are usually unhelpful if :

- **If someone has no control or responsibility over the thing they are worrying about**
- **If someone is worrying about something and not looking at the facts**
- **If an individual can not do anything about it RIGHT NOW**

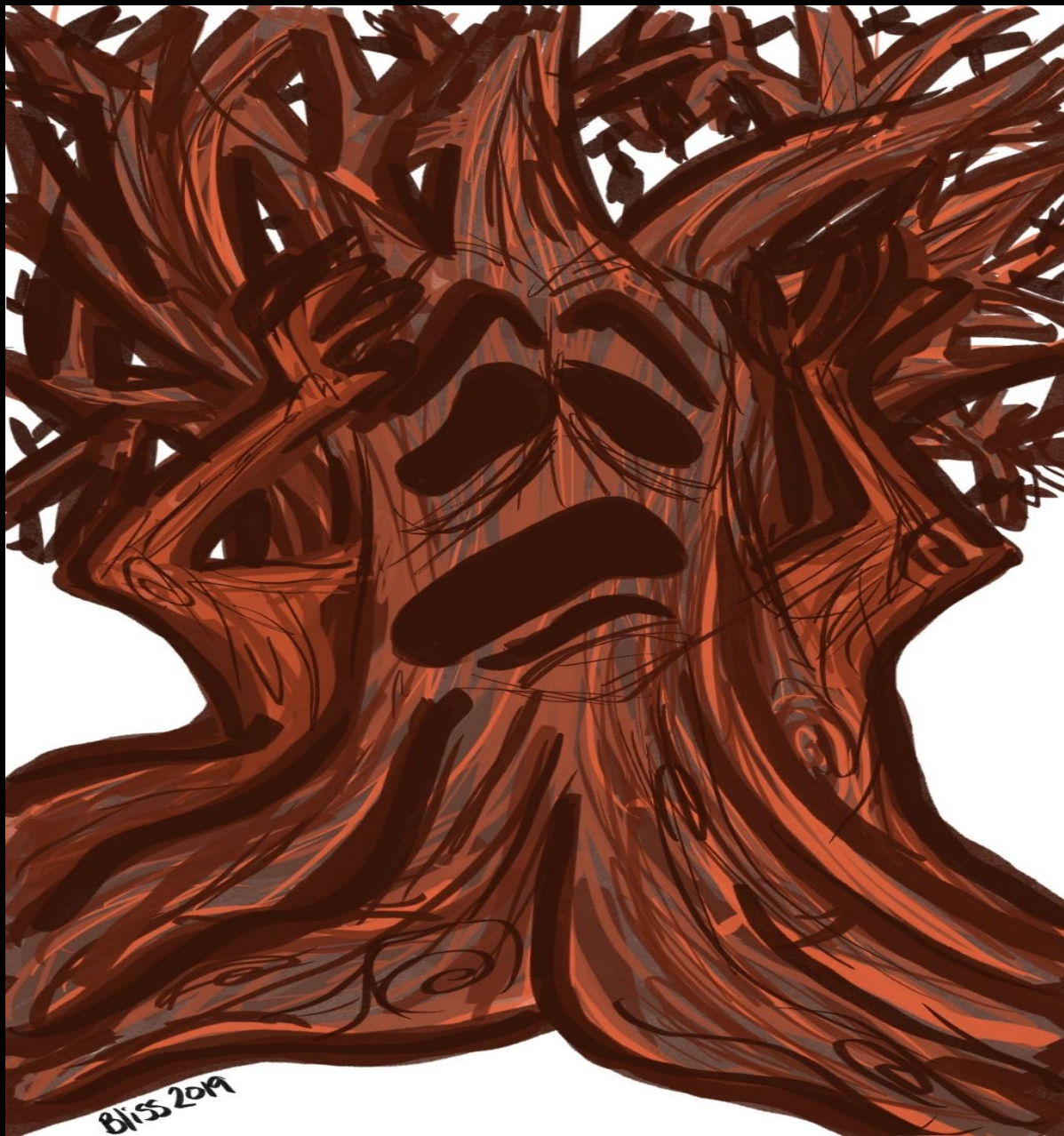
Worrying about strangers not respecting social distancing guidelines. I can not force them to follow the rules and worrying about it is not going to change whether or not they socially distance.

Worrying about what will happen if I get the virus

So what is a person to do with all of this worry!?

*We have **3** choices
in response to
worry:*

- 1. Change Something**
- 2. Accept It or**
- 3. Let It Go**



Worry
Tree

Notice the Worry

What am I reacting to? What thoughts, sensations and emotions are here?

Can I do something about it?

No

Let the worry go

Focus on an activity that brings you towards the person you want to be

Now

Do It!
Create an action plan

What?
When?
How?

Yes

Later

Put it in an envelope for later

Schedule a time to review this worry

Review worry and decide to:
1. Make action plan
2. Throw it out if it is no longer important.



Change: Action Plan

WHAT?:

What can I Change?
(Environment, situation, my reaction)

HOW?

How can I make the changes

WHEN?:


When Can I do it?

Go do it!


Problem Solving

1. Brainstorm as many possible solutions that you can
2. Select 2-3 that might work and are realistic
3. List the pros & cons associated with your options
4. Choose what you think is the best solution, taking into account the pros and cons
5. Make a plan & go with it!
What? How? When?





I know my worry is
unhelpful, but it keeps
coming back!!



“**Mindfulness** is simply being **aware** of what is happening **right now**, without wishing it were different; enjoying the pleasant **without holding on** when it changes (which it will); and being with the unpleasant **without fearing** it will always be this way (which it won't)”

-James Baraz

It's Raining Outside.....

Why does it always have to rain on my days off?

Now I can't garden.

The rain ruins everything.

Things like this always happen to me!?

This isn't fair, the one thing I can do is go outside and now it's raining.

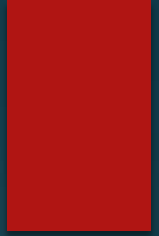
Now the kids are stuck inside with me all day!

This sucks!

Yes it is!

Acceptance

Acceptance



- ▶ I don't have to agree with it
- ▶ I can always come back to it later
- ▶ This is a normal body reaction
- ▶ I don't have to fight it or try to stop it
- ▶ It will pass

Mindfulness: True or False?



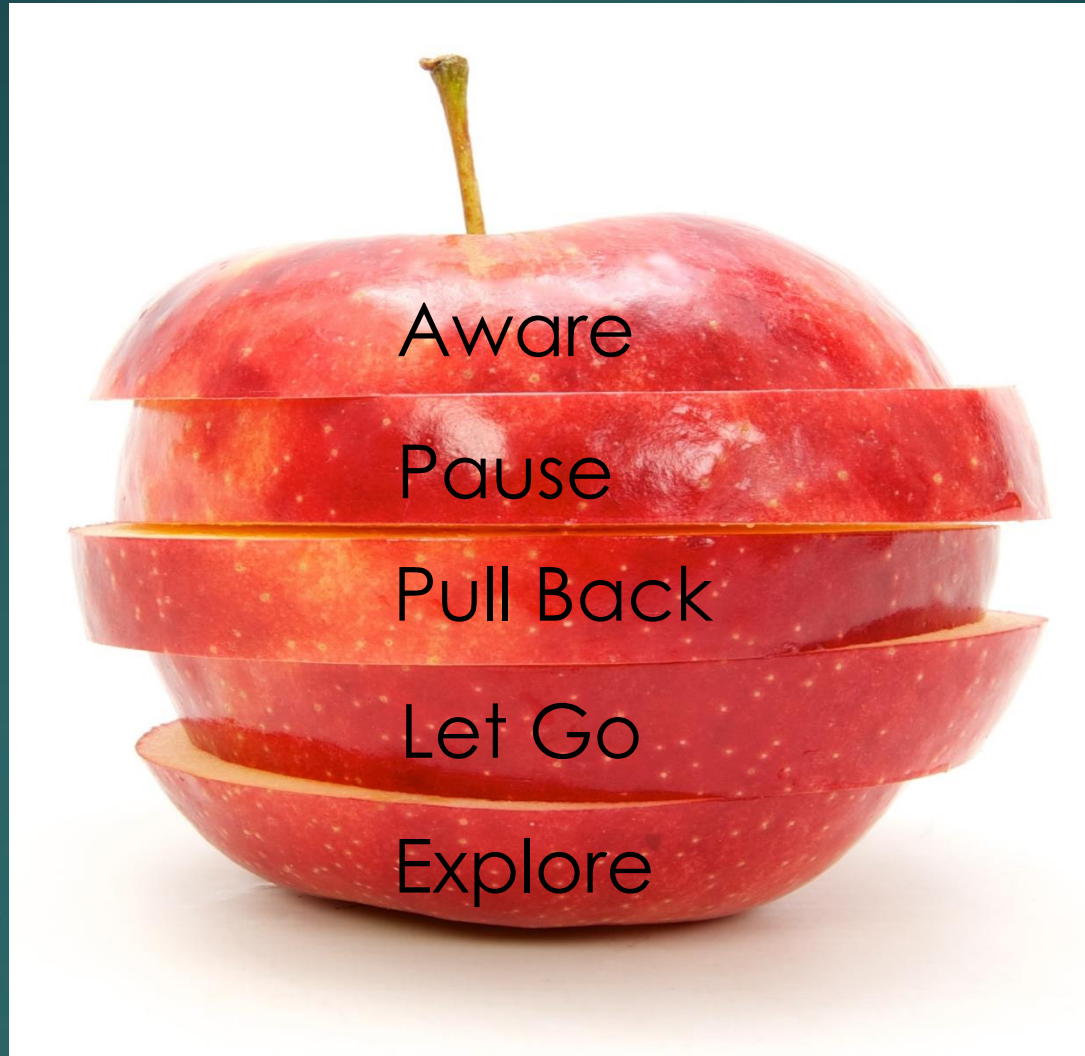
True False The aim of mindfulness is to clear your mind of all thoughts?

True False If your mind wanders, that's okay as that is what minds do and you can kindly bring your attention back to the object of awareness

True False Mindfulness is not a relaxation exercise

True False Mindfulness involves achieving a certain state of “zen”

True False Mindfulness will take my anxiety away.



Acceptance of Uncertainty

LET IT GO Through Informal Mindfulness

Redirecting your attention to the here and now, and away from the thoughts to break the cycle of worry

Engaging your 5 senses when doing different activities

Mindfulness in your morning routine
Mindfulness of chores
Mindfulness of pleasant activities
Mindfulness while eating



Formal Mindfulness (Mindfulness Meditations)

Recordings or Videos can walk you through the practice to alert you when your mind has wandered and help redirect your awareness.



3 Minute Breathing Space



► First minute:

Focus on your internal experience right now. Don't try to change anything, just notice your thoughts, emotions and mood.

► Second Minute:

Move your awareness to your breath. If your mind wanders acknowledge where it went and kindly redirect your attention back to your breath

► Third Minute:

Notice your breath moving through your body and notice the movement you bring back into your body and bring your attention back to the room and choose what to do next or continue with your day

Resources that may be useful

[Apple for Uncertainty](#)

[Change Accept Let Go](#)

[Mindfulness Booklet](#)

[Living with Worry and Anxiety Amidst Global
Uncertainty](#)

[3 Minute Breathing Space](#)

Click on any of the resources listed above to see more information

Need some support in these challenging times?

Remember we have **free Counseling** support through our **Employee Family Assistance Plan!**

Just contact Homewood Health and they will connect you with support!

1-800-663-1142

South Calgary Health Centre Single Session Counselling,
call in the morning for an appointment that day- **403-943-9374**

Distress line- 24/7 403-266-4357

Additional Resources

Websites:

Youtube(mindfulness recordings),

<https://www.Mindful.org>

<https://www.AnxietyCanada.com>

<https://www.mindfulness-solution.com/DownloadMeditations.html>

<https://palousemindfulness.com/> (Free 8 week Mindfulness Based Stress Reduction Course)

Apps:

Insight Timer, Mindshift, Head Space, Calm, tenpercent happier (currently free for healthcare workers)

Questions?

Thank you for spending your lunchtime with me! If you have any questions or are looking for a specific resource please feel free to reach out to me and I will do my best to get you an answer!