

The Worry Jar

Exercise: Managing Our Worries



Most times, writing down our worries can make all the difference. Acknowledging the things that make us anxious makes us one step closer to finding a solution. Do this exercise with a friend to gain perspective from your worries and think about how to approach and solve them!

Instructions

1

ASSESS YOUR STRESS

On a scale of 1-10, with 10 being very stressed, what is your number at the moment?

2

DUMP OUT YOUR WORRIES

Write each worry or anxiety you are dealing with on a separate index card or piece of paper, fold it, and put it in a 'Worry Jar.' Now that you've written them down, you can leave them alone for a bit.

3

SHARE AND BRAINSTORM

After you've let your worries 'air,' revisit them with a friend. Talk through them individually, brainstorming creative ways to manage or move past them. Write each strategy and solution on the back of its card or paper.

4

GROW YOUR SOLUTION JAR

Place that paper into your now 'Solution Jar' when you have workable solutions you're happy with. Your brain can now relax knowing there is a workable plan, and your worries do NOT define you; they are separate from you.

Reflections & Actions

How did ‘dumping out’ your worries onto pieces of paper and placing them in a jar help you?

Did you find that giving them some space before discussing them helped you? Why do you think that was?

What was helpful about working with a partner to find solutions?

Moving Forward:

- Keep a Worry Journal where you record your daily anxieties.
- Look at patterns; jot down ideas for solutions.
- Check-in with a partner to help find solutions, and use as an accountability partner to action them.