



# Workbook, CPD & Reflection Log

## Episode 106: How to Stop Worrying When There's a Lot to Worry About

*with Dr Caroline Walker*

With everything going on in the world right now, no doubt you've been worrying — everyone has. You might have personal problems, work issues, or feel generally stressed because of the ongoing pandemic and the overwhelming workload it brings.

Worrying is ok! It's helpful sometimes, spurring us into action or pushing us to deal with our problems. However, worrying too much can leave us stuck; it keeps us fused to our thoughts and makes it difficult to do anything. In this episode, Dr Caroline Walker joins Rachel to discuss how to break the vicious cycle of worry and make it something productive — or, at the very least, manage it carefully.

This activity will guide you through reassessing your thoughts and keeping your anxiety at bay. Your worries are valid and important, but it's best to reflect on them and understand which ones truly matter. It helps to be in touch with your emotions instead of denying them so that you can healthily identify them and deal with your thoughts.

If you're looking for techniques for dealing with your worries and anxieties, then this episode is for you!

### Podcast links

Check out the COVID 19 Supporting Doctors Series With Dr Caroline Walker!

- [Episode 27: How to manage our stress and anxiety through the crisis](#)
- [Episode 28: How to deal with our sadness, anger and grief through the crisis](#)
- [Episode 30: Moral injury hurts](#)
- [Episode 33: Great expectations? Why we expect too much of ourselves and how to give ourselves a break](#)
- [Episode 36: COVID fatigue – what's going on, and what we can do about it](#)
- [Episode 43: COVID boredom – what should we do?](#)
- [Episode 63: How to Survive Even When Times Are Tough](#)

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### Quote to Remember:

*‘And it's okay to feel a bit scared, a bit sad, any of those emotions that might be coming up for you. They're all okay. So, acknowledge them, you know, allow a bit of space for them.’*

## What You Will Learn

Worrying is completely normal. It is helpful especially when it gives us the motivation to do something. It urges us to solve a problem. But sometimes, it takes over and distracts us from being productive.

This activity serves as a way for you to reassess your priorities. It will help you focus on the things that need your immediate attention. Because sometimes, worrying alerts us to genuine issues that need solving.

Uncertainty, unpredictability, and insecurity can make us feel unsettled. Sometimes, we might worry because we can't understand or deal with the emotion we're feeling. It is daunting to admit that we are sad because it requires vulnerability. So rather, we stick with the emotion that is easier to deal with. We worry.

This workbook will help you look for techniques that may work for you when you're worrying. Like attentional refocusing and having a worry time each day. You will also try to learn how to care about something and yet have acceptance around its limits. Once you learn this, letting go of the outcomes of different situations will be a breeze.

Finally, this workbook will help you get a different perspective on the things you're worried about. Through reassessment and re-evaluation of your priorities and worries, you will learn to let go of worries easier.



## Activity: Reassessing Your Worries

**Q1. How often do you find yourself worrying? What do you do when you're in your worrying state?**

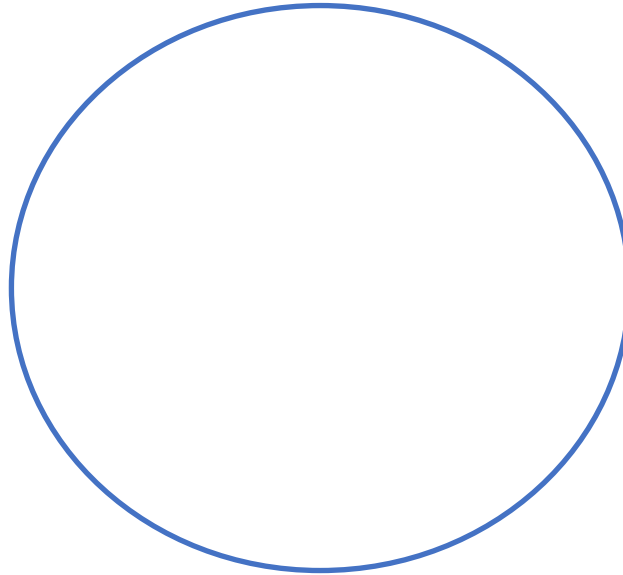
**Q2. Think of a time where something you were worried about actually happened. What did you feel? What did that experience teach you?**

**Q3. Write down a list of things that you commonly worry about. Classify them as most likely and least likely to happen.**

Most likely to happen	Least likely to happen



In the circle, write things that you know you have control over. Outside the circle, write those you have zero control of. Lastly, reflect on the things written inside the circle and work out if there's any actions you could take which you haven't already taken.



**Q4. What are your observations on the things you wrote outside the circle?**

**Q5. What do you currently do to deal with these things?**

**Q6. Having listened to the episode, what tips, tools or techniques will you now try to deal with the things outside your zone of power?**



### CPD time claimed:

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