

# A MINDFUL WAY TO WORKING WISELY WITH WORRY

COVID-19 · DIVISIVENESS OVER HEALTH MANDATES · POLITICAL VIEWS · GEO-POLITICAL CONFLICT · Ecological Crisis

WE ARE LIVING IN UNCERTAIN TIMES + HAVE BECOME MORE AWARE OF OUR VULNERABILITY

FEAR + ANXIETY AT TIMES TAKE OVER + WE START TO IDENTIFY WITH IT

TO BREAK FREE WE NEED TO LEARN TO RELATE TO WORRY rather than RELATE FROM WORRY

**FEAR** IS THE OLDEST SURVIVAL MECHANISM WE HAVE

AUTOMATIC REACTION TO IMMEDIATE DANGER

PULL US TO SAFETY SO THAT WE CAN MOVE TO A LEARNING STAGE TO AVOID FUTURE DANGER



PREFRONTAL CORTEX TAKES INFORMATION FROM THE DANGEROUS SITUATION & PROJECTS IT INTO THE FUTURE \*PREVENTION OF WHAT MIGHT HAPPEN

BUT! IF WE DON'T HAVE ENOUGH INFORMATION

## FEAR + UNCERTAINTY = ANXIETY

IF WE DON'T RECOGNIZE & ADDRESS IT, WE GET TRAPPED IN HABIT LOOPS OF AVOIDANCE OR WORRY

WE FEEL LIKE WE ARE IN DANGER although IT IS ONLY INSIDE OUR HEAD

THE PREFRONTAL CORTEX TRYING TO MAKE SENSE OF WHAT WE CAN'T MAKE SENSE OF

**ANXIETY**  
FEELING OF WORRY, UNEASE & NERVOUSNESS ABOUT AN SITUATION WITHOUT A CERTAIN OUTCOME

CUE or TRIGGER

THOUGHTS

WORRY - TRYING TO FIGURE OUT WHAT CAN'T BE KNOWN

WORRY

ACTIONS

EMOTIONS

PHYSICAL SENSATIONS

AVOIDANCE TEMPORARY SOLUTION / REWARD  
NETFLIX, SMART PHONE, ICE CREAM, ETOH / DRUGS

MAKES US FEEL LIKE WE ARE BEING PRODUCTIVE BUT WE ARE NOT.

HABIT LOOPS ARE RUN ON AUTOPILOT. ONCE WE ARE AWARE OF THEM, IT ALLOWS US TO WORK WITH THEM

*differently*

### BRING IN CURIOSITY WORK WITH WORRY WISELY 3 GEARS



1. MAP OUT OUR WORRY HABIT LOOP

2. UPDATE WORRY'S REWARD VALUES

3. REPLACE WORRY WITH A "BIGGER, BETTER OFFER"

SOMETHING WITHIN US THAT BRINGS MORE REWARD THAN THE WORRY DOES.

curiosity kindness  
LET GO OF JUDGEMENT

### BRINGING R.A.I.N.-R TO THE EXPERIENCE OF WORRY

making the unconscious, conscious



**RECOGNIZE**

"OH, LOOK! I'M STUCK INSIDE THE WORRY LOOP"

**ALLOW**

"AH... HELLO MY OLD FRIEND WORRY"  
"RIGHT, THIS IS HOW IT IS RIGHT NOW"

**INVESTIGATE**

STEPPING OUT OF THE LOOP TO "SEE" WHAT IS HAPPENING  
"WHERE IS IT IN MY BODY"  
"WHAT AM I BELIEVING RIGHT NOW"  
"WHAT AM I NEEDING RIGHT NOW"

**NURTURE**

I OFFER MYSELF KINDNESS FOR THE WAY I'M FEELING  
**SELF-COMPASSION**  
CAN I HOLD MYSELF WITH KINDNESS & COMPASSION

### REDIRECT YOUR ATTENTION PURPOSEFULLY

WHAT CAN I DO RIGHT NOW THAT IS IN MY BEST INTEREST?

- ADDRESSING THE PROBLEM IF YOU CAN
- SOMETHING SMALL ON YOUR TO DO LIST - MASTERY
- DO SOMETHING PLEASURABLE WITH AWARENESS

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