



Supporting the anxiety (intervention)

Supporting approach	Making it successful	Resources
<p>'Worry Time'</p> <p>This approach comes from cognitive behaviour therapy and is about containing worries to specific scheduled times to avoid worries being thought about all the time.</p> <p>This aims to support people to control their thoughts and think about these productively.</p> <p>Worry time can focus on finding solutions to the problems or anxieties the person expresses.</p> <p>As far as possible the child/young person should meet with a consistent adult for worry time.</p>	<p>This technique takes practice and initially worry time should be scheduled once per day. It may be that a child/young person needs worry time in school and at home. The frequency can be adjusted based on how successful this and other techniques are for the child/young person.</p> <p>The child/young person should be encouraged to writing worries down in between worry times as this can be therapeutic in and of itself. It also makes worry time more efficient and provides reassurance that it will be discussed at worry time. Some children/young people like making a box or decorating a jar that they can post their worries in and the box gets opened at worry time. This can also help if the child/young person has difficulty expressing their worries verbally.</p> <p>If the child/young person expresses worries out with worry time, they should be encouraged to write this down or post the worry as advised above. Alternatively the person they express the worry to can acknowledge it but not engage in discussion, reminding them that it will be discussed at worry time. The person they express the worry to can write this down as part of this acknowledgement and either table this at worry time or pass it to the person the child/young person meets with at worry time.</p> <p>Anxious patterns of thinking can take time to change, especially if they have been around for a long time. Try not to become discouraged if progress appears to be slow. This takes lots of exercise.</p>	<p>A <u>private place</u> that child/young person can put any worries that they write down.</p> <p>Regularity and availability of adult who can invest the time and full attention to make this intervention successful.</p> <p>If the two resources above are not able to be ensured, do not use this intervention.</p>