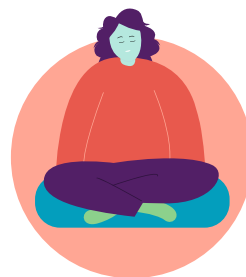


Recognising Uncertainty

We humans are wired to love certainty. It helps us feel safe and feel like we are in control. But often life throws us curve balls. They can be small things that impact only us, or they can be big things, like climate change or a pandemic. Uncertainty can find its way into all areas of our life, from friendships to exams to choosing which subjects to take. When things start to feel unpredictable and out of control, we start to worry.

Managing Our Worries

Worry isn't necessarily a bad thing—sometimes it helps us take action to deal with whatever is causing the worry. But when worries spiral out of control, it can have a negative impact on us. That's where Worry Time comes in. Worry Time helps us deal with uncertainty. Each day, we can set aside time to deal with our worries. Then, when worries pop up, we write them down, set them aside, and come back to them when it's time. That way, they don't pile up throughout the day. If we write them down and deal with them well, they can even start to fade into the background.



WORRY TIME

14:59

TRY IT

- Set aside around 15 minutes at some point in your day for Worry Time.
- Set up a system to easily write down your worries as they pop up throughout the day.
- When Worry Time arrives, start a timer. That way, you don't 'over-worry' past your allotted time.
- Open your notes and give the worries your full attention.
- You might talk them through with family or friends, write or draw your thoughts in a journal, or observe your thoughts through meditation.
- When Worry Time is over, continue your day knowing your worries have been dealt with.

REFLECT

- How did you find practicing Worry Time? What did you notice?
- What effect did setting aside Worry Time have on your worries?
- Is there anything you would do differently next time you practice?
- How will you incorporate Worry Time into your day in the future?

WANT MORE? CHECK THESE OUT!

ReachOut WorryTime app - helps you schedule Worry Time, record your worries, and discard the worries you no longer want to carry around with you.

Play store: https://play.google.com/store/apps/details?id=com.worrytime&hl=en_AU&gl=US

App store: <https://apps.apple.com/au/app/worrytime-by-reachout/id1502182473>

Rethinking Uncertainty - Jessamine Chen, TEDxUNSWSydney
https://www.ted.com/talks/jessamine_chen_rethinking_uncertainty_jan_2019

ReachOut's collection on uncertainty about the future:
<https://au.reachout.com/collections/future-stress>

CHECK OUT THE FEELING IT SERIES HERE!



Web app link:
<https://app.smilingmind.com.au/explore/youth/feeling-it-year-7-10>

Smiling Mind app location:
All programs > Youth > Feeling It, Year 7-10

WHERE TO FIND SUPPORT

Immediate danger

If you're in a life-threatening situation and need immediate help call 000

Want to talk to someone?

Your school

- Reach out to a teacher or wellbeing coordinator at your school

During business hours

If you're having difficulty coping during business hours you can also contact:

- Headspace <https://headspace.org.au>
- A local GP to arrange an appointment with them that day

Available 24 hours every day

If you're in crisis or are having difficulty coping call one of the following services, both of which are available 24 hours a day, 7 days a week:

- Lifeline 13 11 14
- Kids Helpline 1800 551 800