



Overcoming Worry Exercise

If you are feeling worried, try this exercise:

Think about what's worrying you. Can you do anything to change it?

1. Make a list of your worries.
2. Separate them into things you CANNOT change and
3. Things you CAN change.
4. Make a to-do list based on the things you CAN CHANGE. Commit to taking action on your to-do list by giving yourself a time frame to complete your tasks.

Did you know?

Worry is not good for the body — caregivers are 5x more likely to get sick than non-caregivers.

“Worrying about something beyond your control causes unnecessary stress to you and makes it harder to cope.”

1) What I'm worried about:

Example: "I'm worried about hurting my back when I help the person I'm caring for."

2) Things I CAN'T control:

Example: "They need my help & there is no one else to count on but me."

3) Things I CAN control:

Example: "I can improve my strength & learn how to prevent injuries."

4) How I'm going to take action:

Example: "1. Today, I will watch a video on preventing caregiver injuries. 2. I will exercise 3 times/week for 30 mins."
