



# THE KING'S COLLEGE

Be exceptional.

## Helpful hints on controlling worry

### The 3 rules to control worry:

1. All worrying must be done **on paper**, as that moves the concern to the appropriate part of the brain  
(from the emotional limbic to the pre frontal cortex which is non emotional)
2. Always look at concerns or worry on a **probability scale**.
3. Do all you can to further **mitigate**.

### Write down your worries and concerns and quantify 2 things:

1. How bad is the concern/worry?  
(Scale 1-10)
2. How likely is it to happen if we follow all health advice?  
(which we can control) (Scale 1-10)

If we take all precautions and the probability is low, there is nothing else we can do, so we need to stop worrying as that is unhealthy. If the probability is high then we need to know what to do to mitigate the situation.

### Remember the 3 rules to control worry:

1. All worrying must be done on paper.
2. Always look at concerns or worry on a probability scale.
3. Do all you can to further mitigate

*Extract from eapassist.com.au*