

staying well amidst chaos and ambiguity means addressing barriers which interfere with wellbeing. One barrier reported consistently over the past 6 weeks involves having long lasting , invasive thoughts; interfering in every day tasks. The following exercise may be helpful.

How to Prepare for the exercise:

A) identify worry time

1. worry time = a in time of the day which allows for a 15 minute worry break.

B) Set a reminder alarm.

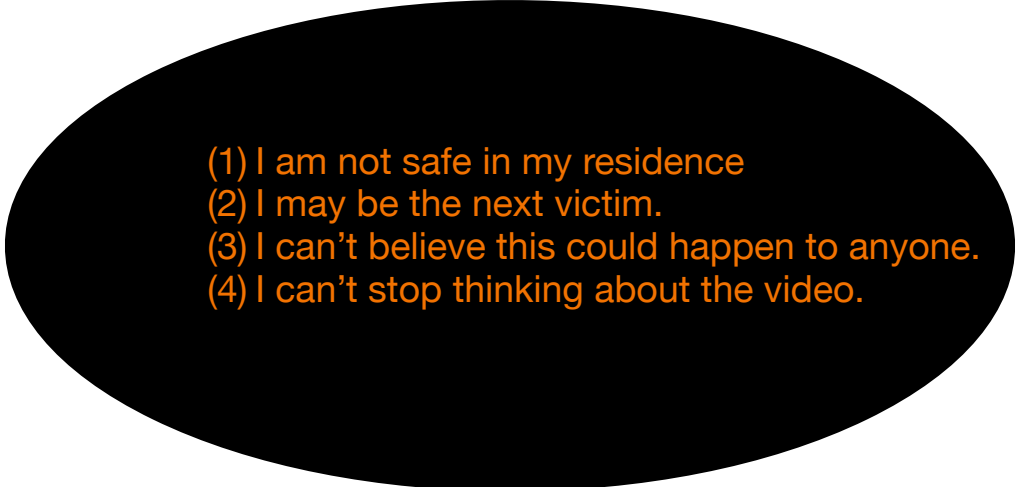
C) pen and paper is all that is needed.

How to stop invasive, long lasting thoughts:

I. Start by setting a timer for 15 minutes.

II. Write down the three to four thoughts primarily impacting you.

A: Example: (thoughts reported as a result of the nationwide protests)

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- (1) I am not safe in my residence
  - (2) I may be the next victim.
  - (3) I can't believe this could happen to anyone.
  - (4) I can't stop thinking about the video.

III. Draw a circle around the thoughts listed.

Side Note: putting a circle around these thoughts makes their containment visible.

IV. In the left side of the thought; write down a statement identifying why that thought is unrealistic

(1) I have not witnessed unsafe behaviors near my residence



(1) I am not safe in my residence



(2) I may be the next victim.

(3) This thought represents the grief I feel, I can allow myself to feel this grief.



(3) I can't believe this could happen to anyone.



(4) I can't stop thinking about the video.

(4) I can think about how the video makes me feel during worry time.

V. To the right side of the thought; identify a behavior you can do over the next several days that helps you remember that thought is unrealistic.

(1) I am not safe in my residence



I can join the neighborhood watch program.

(2) I may be the next victim.



I will be more mindful of my surroundings.

(3) I can't believe this could happen to anyone.



I can start a gratitude journal.

(4) I can't stop thinking about the video.



I can learn a new coping skill; such as meditating several times per week.

So what to do, if the worry thoughts come at 7am; when you scheduled worry time at 2pm?

1. Remember a thought is just a thought; no interaction with the thought means that thought does not exist.

A. Visualize a wave dissipating in the shore; imagine your thought crashing on the shore, just like a wave does.

B. Say "Hello" and let it go.

\*The thought can be contemplated when it's worry time.