Worry

Welcome back to CALM

Calming Anxiety Living Mindfully

Chapter 5

"Worry pulls us into the future and distracts us from what is happening in the present"

[illegible], 2011

Worry & Your Body:

[illegible]

Discussion:

[illegible]

Mindfulness Activity: Body Scan Meditation

Discussion Questions:

[illegible]

[illegible]

Have I Developed a Worry Habit?

Don’t Feed the “What-If” Monster!

Image: Pixabay.com

Mindful Eating

[illegible]

How Do I Eat "Mindfully?"

[illegible]

[illegible]

[illegible]

[illegible]

Group Activity: Mindful Eating!

[illegible]

[illegible]

Worry & Sleep

Please review the "Skills for Better Sleep" in the appendix for tips when you are having any di culties with your sleep

Worr Time?

Worr -Free Zone ?

Based on Rygh & Sanders, 2004

Group Activity: Let's Practice Worry Time!