



TIPS FOR TELECOMMUNICATORS

Overcoming Worry

1

Plan “worry time.”

Give yourself 15 minutes per day to think about topics that you find yourself worrying about.

2

Practice thought stopping.

When you find yourself worrying, tell yourself “stop.” With practice, this can be an effective way to stay out of loops of repeating worries.

3

Try mindfulness.

Choose an object and focus on it. As other thoughts come into your head, observe them but let them pass through you.

4

Get perspective.

Consider your worries from an outside point of view and ask if they are really rational. You may find that many are unrealistic or unnecessary.

5

Seek help.

If your worries are interfering with your work and life, or if you are focusing on a traumatic memory, consider talking to a professional.