



### *Dr. Reeta's Scheduled Worry*

Worry is something almost all of us do. Whether its about work, family, money or the future, the corrosive nature of constant worrying thoughts can rob us of our peace of mind, not to mention our precious sleep.

I've learned a trick that helps me manage my worry better and it is just as simple as it sounds, I call it "Scheduled Worry". Schedule a time in your day, first thing in the morning, or just before bed, where you simply allow a space for your worrying thoughts. Set a timer on your phone for 1 to 3 minutes and really give your worries a voice! You may want to keep a journal especially for your worries, where you jot down everything you need to unburden yourself of for the day.

This simple ritual can clear your mind, and help you to be less distracted during the day, or it can help you get a better night's sleep.

