Mental Happy

THE WORRY WINDOW:

HOW TO LOCK OVERTHINKING OUT OF YOUR DAY

Activity: Detailed Guide



"Silence anxiety in 15 minutes daily with the Worry Window! Schedule a dedicated time to process fears using CBT techniques, then close the window and reclaim your day. Adaptable for kids (fun worry monsters) and seniors (calm reflections). Perfect for mornings, evenings, or stress spikes. Share wins with Worry Window Challenge—all you need is a journal and timer!"

Daily Commitment:

- **Time**: 10–15 minutes per session (1–2x daily).
- **Frequency**: Daily for habit-building; start with 5x/week.

Age Groups:

- **All ages** (5+ years). Customizable for children, adults, and seniors.

Modifications:

- **For Kids**: Use a "worry monster" box to "feed" drawn or written fears. Add stickers for bravery.
- **For Seniors**: Simplify with voice memos or guided prompts (e.g., "What's one small win today?").

Dos & Don’ts:

✅ Do:

- Set a strict timer (phone/alarm).
- Write or voice-record worries; reflect on solvable vs. unsolvable.
- Close the ritual with a calming phrase ("I’ve done enough for today").

❌ Don’t:

- Let worries spill outside the window.
- Judge your anxieties—acknowledge them neutrally.
- Skip the "closure" step (e.g., shredding paper worries).

Teaching Kids:

- Frame it as "feeding the worry monster" to make it playful. Use art supplies for drawing fears.
- **Praise effort**: "You’re so brave for sharing that worry!"



Sharing Digitally:

- **Social Media**: Post a timelapse of writing/shredding worries with #WorryWindowChallenge. Use a "window" graphic overlay.
- **Friends**: Host a virtual "worry burn" session on Zoom —write and discard fears together.
- **Striking Content**: Share before/after mood selfies or create a "worry jar" reveal video.

When to Practice:

- Mornings to prevent all-day anxiety.
- Post-work to unwind.
- Before high-stress tasks (exams, meetings).



Materials Needed:

- **Essentials**: Timer, journal/paper, pen.
- **Optional**: "Worry monster" box (kids), CBT app prompts, shredder/trash bin for symbolic release.

Why It's Striking:

The Worry Window's tangible ritual (writing/discarding) is visually compelling for social media. Pair it with relatable stories (e.g., "How 15 minutes freed my mind") to inspire followers. 📝📦

THANK YOU

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