Great-West Life
Centre for Mental Health in the Workplace

Dealing with Worry

Learning objective: This team-building activity helps build effective problem solving skills to reduce the stress that can be caused by worrying.

Time required: Approximately 30 minutes, depending on group size.

Materials required: Hand out or email a list of questions to be distributed in advance of the meeting.

Instructions:
Copy and paste the list of questions below and hand them out or email them to all participants in advance. Complete your own before you begin the session, as you will be demonstrating how to more effectively deal with worry at work.

Pay special attention to the things your team worries about at work. You may want to jot them down so that later you can help problem-solve any unresolved worries.

Suggested wording:
If you haven't already done so, please answer the questions on your handout. Everyone will be asked to share their answer to question #1 and I will ask for volunteers to share answers to the other questions. The point of this exercise is to improve our problem-solving skills. I'll begin with my worry and it is - _____.

Once you have shared your answer, ask everyone to share his or her answer to question #1. After everyone has shared you can the share the rest of your answers to questions 2-5 and ask for volunteers to share theirs.

1. What's one thing you worry about related to your work?
2. What's the worst thing that could happen?
3. How likely is it that this terrible thing will, in fact, occur?
4. If it did happen, what would you do, and/or who would you turn to?
5. What other challenging situations have you handled that indicate you would probably be able to handle whatever may come along?

Suggested wording: Thank you for sharing your examples. While worry is pretty common, it can also be a waste of our energy. If there is something that needs to change or be dealt with, we should do this as a team. If it cannot be changed or dealt with, we should develop a way to accept that.

When we discuss what we are worried about, often we can find solutions to help reduce our stress.

To wrap up, let's take a moment to individually consider one constructive thing you would do differently when worried about work in the future.

Activity developed with help from: Deri Latimer, Positivity Speaking.