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**Moderator questions in Bold, Respondents in Regular text.**

**KEY: Unable to decipher = (inaudible + timecode), Phonetic spelling (ph) + timecode), Missed word = (mw + timecode), Talking over each other = (talking over each other + timecode).**

**Louise Stevenson: Welcome. My name's Louise, I'm the founder of WorryTree and I'm here today to talk you through WorryTree a little bit and show you some of the tools and how it works. If you'd like to find out more about WorryTree and why I created it, you can go onto our website which is worry-tree.com and there, you'll find a podcast where we've recently recorded an episode which talks about why I created WorryTree and how WorryTree came about so you might want to take a look at that. In the meantime today, I'm going to quickly take you through the main features of WorryTree, I'm going to show you the main WorryTree journaling tool and how it works, talk you through a few of the other helpful features that you can find within the app and then also give you a very quick tour of WorryTree Plus and the things that you can do in there. If you have any questions about today's session, then please do leave them in the comments and we will keep an eye out for them and come back to you. So, let's get going. I'm going to share my screen. This worked before, and show you WorryTree, there you go. Hopefully, you can see that. Let's just go into the app.**

**Okay. So, if you have setup a PIN to use WorryTree in the past, this is where it will be asking you to put that in. You don't actually have to set a PIN, so the first time that you go into WorryTree, you can actually choose whether to have a PIN or not and you may find that you're more comfortable having a PIN number if you, for example, share your phone with your children or other people look at your phone, then you might want to do that. So, we go into WorryTree and the first thing we're greeted with is either a quote or a positive statement or just something to give us a lift when we go into the app. So, the WorryTree technique is a cognitive behavioural therapy technique and if you're currently undergoing therapy, cognitive behavioural therapy with therapists then you may have learnt this technique with your therapist but it's also a technique that anybody can use. The idea of the technique is that it encourages us to catch and then challenge and then change our worries, so a big part of the technique is learning to catch yourself worrying. Sometimes, it's really quite hard to do that and it takes a bit of practice but the idea is that the more you catch yourself worrying, the more that you can build new pathways in your brain that move away from the worries.**

**So, the first step is to catch yourself worrying. The second step is to ask yourself a series of questions about your worries and to find out and to really challenge those worries and find out whether it's a hypothetical or a practical worry and that's what the WorryTree technique helps you to do. So, we're going to add a worry today and whether you're on WorryTree Plus or actually on the free version of WorryTree, it doesn't matter. You'll always have the option on the main homepage to add a worry or record a worry. So, we can add a worry and it comes up with this screen which gives you the opportunity to really name and label your worry, and that, often just the process of getting that out of your head and putting it down on paper or into an app can actually give you a little bit of distance between yourself and your worry and take away some of the strength of feeling around that worry. So, I'm going to log a worry today about my daughter who's recently started high school, so I've been worrying about that. So, I am just going to call this worry, 'My daughter,' and that is just a way of giving it a title so that when you come back to it, you can see what it was called, and then we have the opportunity to describe our worry in more detail. So, this is where I'm going to write down what it is that I've been worrying about in particular.**

**So here, I've broken down the worry in a little bit more detail as to what it is that I'm worrying about and what the negative thoughts are, and then I'm going to swipe left. So, I'm going to categorise my worry and part of this is so that you can look back and see if there are any particular themes to your**

worries and things that you quite often worry about, whether that's health or work or relationships or family, and we'll have a look at how you can actually add your own categories as well, if you find it more useful to change those around, that's nice and flexible but on this occasion, I'm going to mark this as a family worry and then I'm going to swipe left. Now, because I have WorryTree Plus, it actually then gives me the opportunity to think about the unhelpful thinking styles that might be shown in my worry, whether that's black and white thinking, overgeneralising, filtering, which is where you just see all of the negatives or all of the things that prove your worry as opposed to going against it, jumping to conclusions, fortune telling, so seeing what's in the future even though we can't possibly know what's in the future, catastrophising, emotional reasoning, personalisation, and each one of these actually gives you a little breakdown to explain what it means. So for example, overgeneralising means coming to a general conclusion about something based on a very small amount of examples or evidence.

So, for this worry, I am going to mark it, and you can mark as many as you like, as you find helpful, so I'm going to say it's fortune telling because I'm looking into the future and thinking that she's going to have a hard time. Also, catastrophising because I'm thinking the worst possible thing that could happen and also, I think there's a big element of jumping to conclusion, doing that as well and assuming the worst. If you have the free version of WorryTree, it won't come up with this screen. It'll just come straight to this screen here, which is asking you if you can do something about this worry, yes or no and this is our opportunity to think about whether our worry is a hypothetical worry, so a what if something happens, or whether actually, this is a really practical worry that you can do something about. One thing to be aware of when you get to this screen is that actually, sometimes it feels like we can't do anything about a worry but we can change our response to it. So, more often than not, you may well be tapping on the yes for this, because we can always make a plan to change how we're going to respond to the thing that we're worrying about.

Okay. So, in this example, with my daughter going to high school, I'm worrying about what might happen. I think there is something, there are things that I can do about that, so I'm going to tap yes, and this is where you get to create an action plan to help you manage your worry. So, this is where you can break down, what are you going to do and then also, how are you going to do it and when are you going to do it, and you have a few options for that. So, what am I going to do? I think I'm going to do a few things actually, so one of the things is, I'm going to get in touch with her new form tutor to introduce myself and see how she's getting on. So, that's one thing I can do to allay my fears a little bit, as to what's happening in school because when you go to high school, it all feels quite a long, long away and you're not as in contact as you were when the children were in primary school. The other thing that I'm going to do actually, is practice some self-care for myself, to make sure that I'm managing my anxiety, so that I can be there for her if she has anxiety. So, I am going to also make sure that I am spending some time on my own self-care by creating half-an-hour for myself after work every day.

How are you going to do it? So, I'm going to email the form tutor, put me time in my calendar and stick to it. Now, when are you going to do it? This just depends a little bit. So sometimes, it might be that there's something that you can do now, so you can pick up the phone and deal with something now, so you tap now. Sometimes, you are going to do it later because actually, you're in the middle of something right now when you're recording your worry but you want to go back to it this afternoon, so if you tap on later, it gives you the opportunity to choose when you're going to do that action, and then, I don't know yet is if, actually, I'm not 100% sure how I'm going to deal with this. I might have got to this page and not been able to come up with many action plans but I want to go back to it later, so I would tap I don't know yet, and then I can go back to that a bit later on. So, I'm going to do later, I'm going to do it this afternoon at four, like that, and I'm going to schedule the action, there we go, and a reminder will come through to me later on, to remind me to do that at four o'clock.

Okay, and then quickly then, I'm also going to show you how to record a worry where you can't do anything about it. So, we're going to go back to add worry again, and this time I am going to call it travel, and this worry is going to be around flying because I am, sometimes, a bit of an anxious flyer. So, my worry is that something will happen to the aeroplane on my trip next (TC 00:10:00) weekend. Now I'm going to swipe left and I'm going to put this as work because it's a work trip and in terms of negative thinking styles, I think I'm definitely catastrophising, I'm definitely fortune-telling and also probably a bit of emotional reasoning there for me as well. Can you do something about this worry? Now, arguably I probably could because I could actually manage my own anxiety and manage my response to the trip but for the sake of this example, I'm going to show you what happens if it's something that we really, really can't do anything about. So, I'm going to say no and I'm going to get a little popup which is asking me 'are you sure?' because as I said, sometimes you can change your response rather than actually changing the situation, but in this case I am absolutely sure that I can't do anything about it.

Now, this now gives me the option to schedule some worry time. Now, worry time is a really popular technique where you can schedule twenty minutes or half-an-hour every day, at the same time every day which is when you're going to do your worrying. A lot of people find this a really, really useful technique. Obviously, one of the tips would be, not to do it too late in the day because you don't want to be scheduling your worry time just before you go to bed and then finding it difficult to get off to sleep. So, quite a lot of people go for early evenings, so around five, five-thirty, six o'clock and they schedule worry time for twenty minutes every single day and they will use that time to work through their worries and allow themselves to worry with abandon, so that the rest of the day, they can put those worries to one side. So, if that's something that you find helpful or you want to try, this gives you the option to do it so you can schedule your worry time for later and it'll put it in your calendar if you're on WorryTree Plus and if not, it'll just send you a Worry Time notification. I'm not going to do Worry Time on this one, I'm going to skip Worry Time and I'm going to try and let go of my worry.

So, the thing with hypothetical worries or what-if worries and worries that you can't do anything about, the best way to manage them is to just, physically distract yourself and try and move on with your day. So, this is where we're encouraged to try and let go of worries. So, by mindfully changing the focus of your attention, even for a few minutes, it helps you move on and particularly if it's a physical activity as opposed to a mental activity. So, you might want to light a candle, you might want to go to do some exercise if you've got time, you might want to spend five minutes meditating or breathing, doing some breathing exercises, going for a walk, do some gardening and you'll have your own techniques that actually, you find helpful to just distract yourself for five minutes and then normally, that puts the worry to one side and you can crack on with your day. So, hopefully that is helpful and that's a walkthrough of the main worry tool which is the main feature of WorryTree. There's a couple of other things that I'd like to show you too.

So, we've just been looking at the categories and also the distractions or the ways of mindfully refocusing your attention. So, I just want to show you how you can change those and really make WorryTree bespoke to you and your needs. So, if you go up into the menu at the top left, you'll see it gives you all of the options. So, if we drop down to categories there, this is where you can see how many times you have actually used certain categories. You can see I have done quite a couple on work, a couple on love and a few on family and then, you can add a new category. So, I want to add a category of business, I can add it there and now you can see, it comes up at the bottom as business. You can also delete categories, as you see, I use this system app for testing when we're doing a new release, so you'll see odd things like test and things like that but I can then delete that category if I don't want it. If I don't want love to be an option for me as a category, I would have to remove the worries that I've already recorded in there but I can then go in and delete, so for example, money, I

could delete that if I wanted to and then I could add something else instead if I wanted to as well, and then what you'll find is that when you go through to record a worry, it's all in there in the categories, just what you need.

Same with distractions, or mindfully refocusing your attention. Let me do that a bit slower so you can see, up into the menu, down to distractions, open distractions, again, it will give you how many times you've used those tools and how long ago you last used them and then also, you can add and change them as well. So, I might want to add a new distraction that works for me which is a breathing exercise, so I'm going to put that in there. You may see at the bottom, so next time I go in to record a worry and I need to go to the list of distractions, it will put my new distractions in there as a reminder for the things that work for me, so it gives you an opportunity to customise your experience within WorryTree. A couple of other things I'd like to show you while we are here, so another thing is the settings menu. So, within the settings menu you can do a few things. You can change how often you get daily notifications. So, the daily notifications remind you to check in with what you're worrying about. Something that a lot of us, certainly I find is that, I don't always notice when I'm worrying about something but then sometimes, I don't even notice that I'm worrying about something until I feel the feelings of anxiety, so for me, it's like a dropping in my stomach or I might notice that my fists are clenched and then I'll think, oh, I've been worrying about something. So, the idea of this notification is that it just pings to you, a few times a day, as many times as you want it to, just to say to you, are you worrying about anything at the minute, and it gives you that prompt to go in and record your worry if you are.

So, you can change that to anything from one to six per day or none if you prefer not to get the reminders, so I'm going to set mine to three per day at the moment, because that seems to be working quite well for me. The other thing that we do if you have WorryTree Plus, is that you can have a gratitude notification reminder which you can toggle on and you can toggle off, but I'll show you that in a few moments, and then also your Worry Time reminder, if you do want to use Worry Time as a technique, you can set that to come through to you every day so say, at 5:30 every day, I want a reminder that it is now my Worry Time. The other thing you can do in this menu is change your PIN, so if you wanted to change your PIN, you'd just put in your current PIN and then put in your new PIN and that will have changed your PIN number. One more feature that everybody has on WorryTree that I'd like you to be aware of is particularly for if you are currently going for cognitive behavioural therapy with a therapist. One of the things that we added to the app was the ability to be able to download your worries and share them with your therapist.

I know, as somebody who's been through CBT, I had two weekly sessions and quite often I would get to my next session and not really be able to remember the things that I'd been thinking about and worrying about, so this enables you to show your therapist, if you want to, exactly what you've been thinking about. So, if you go into the main menu again, you're looking for download worries, and then you can pick out your worries from a date to a date, so say for the last two weeks and then you can download them and either save them to your device or you can share them by WhatsApp or share them by email or however you want to do that with your therapist, should you choose to, but that's something that you actively do yourself and nobody else can do that for you, and that's a really important thing to talk to you about with WorryTree. At the moment, the way WorryTree is all of your worries are actually saved onto your device. They're not in the cloud, myself and our development team don't have any access to your worries. We have no way of seeing them, it is completely private to your device, so I think that's hopefully a reassuring thing that we can't access the things that you're worrying about. It's totally private, whatever you journal in here.

A couple of other things to show, then. You can also access our WorryTree blog from here, everybody can do that. So here we go, so our blog, we update every week to two weeks, sharing information

about a different element, so recently, we've done a piece about seasonal affective disorder, we've also done a piece about going back to school, all sorts of different kinds of anxiety that we've addressed. We also have guest contributors who talk about things like sleep and anxiety, we did a post around hormones and menopause and anxiety as well, so it's various different things there. So, if you do want extra information and extra support with your worries, that's a good place to go as well, and then we also have our WorryTree shop where you can purchase a few-, we've been doing some collaborations on fidget bangles, so people who like to fidget as part of their anxiety, and we've also just recently created a copper bangle which has a little phrase in it, just because you think it doesn't make it true, just as a little reminder to us that our thoughts are not facts. They're just thoughts and we can choose to ignore them.

So, that's WorryTree. So, I've shown you the main worry journaling tool and how that works, and we've also looked through some of the helpful features, how you can change the settings, how you can add the categories and also the distractions. So hopefully, that's helpful and it gives you the chance to use a bit more of the WorryTree app. I just want to show you really, really quickly, a few of the WorryTree Plus features as well, so if you're a WorryTree Plus (TC 00:20:00) subscriber, either on Apple or Android, it just gives you a couple of extra features, which we're adding to all of the time. So, if I could just show you, very quickly, we have the practising gratitude section. So, here we can add what we're feeling grateful for every day and we can get a reminder at eight o'clock every evening, UK time. That is a reminder, just to fill in what you're grateful for each day because actually, those positive thoughts at the end of the day can be a really, really lovely way of ending your day and improving feelings of anxiety. So, things I am grateful for today, and you can add as many as you like and it records them back and you can then look through them in the future which is a really nice thing to do, especially when you're feeling a bit blue or a bit anxious to go back and remind yourself of the times when you've been feeling grateful.

So, I'd like to show you one more tool which is a recent addition to WorryTree, we just brought in this year and we've been testing, and this is the thought challenging tool, so this is for WorryTree Plus. So, challenging our negative thoughts can help them to reduce their strengths and this gives you the opportunity to take a negative thought and really drill down into how it's making you think and feel. So, if we go to add a negative thought, it's really normal to have negative thoughts but too much negative thinking can really drag us down and give us really negative emotions as well. So, what this does, it gives you the opportunity to record your thought and like I said earlier, when you record a thought, you write it down on paper or you write it down onto an app, we're immediately taking it slightly further away from yourself and it just takes off the edge of the strength of feeling, by writing it down. That's why journaling is so popular.

So, it gives you the opportunity to rate your emotion on a scale of one to ten. So, ten is I feel really strongly about this and one is, I don't feel very strongly at all. So, you rate your emotion or how strongly you feel and then, you think about what physical sensations are in your body when you think that thought, so that might be a dropping sensation in your stomach or a tension in your shoulders or you might start to feel a bit of a headache or a pain between your eyes. We all feel negative sensations in different ways, so write down how you're feeling physically when you think that thought and then ask yourself, is the thought actually true? Can you be absolutely, 100% certain that it's true, and by that I mean, would it be true for somebody else as well? So, your negative thoughts, if it's a true fact, then it would be true whoever you asked about it, I hope that makes sense but is it factual, or is it just something that you're thinking at this time. Is it always true?

How would you feel if you didn't have that thought? So then, take the thought away and imagine what that would feel like and I think, mostly, you're going to feel more spacious, you're going to feel more relaxed, you're going to feel calmer or happier or lighter without that negative thought in your mind.

**So, just take a moment to think about what it would be like if you didn't think that, and then start to come up with a more balanced or alternative thought instead. What could actually be equally true to you, in this moment? So for example, that old example of, you see a friend who's walking down the street and they're on the other side of the road and they don't look at you and they just keep going and you wave at them and they don't look back and they don't say anything. So, one thing you could think about that is oh, I must have upset them, what's happened? You think back to the last time you saw them, is there something that I said, are they not talking to me, I've done something wrong, but another thing that could be equally true is that they didn't see you. So, you could just think to yourself, oh, you didn't see me. Or, oh, he's in a world of his own, he's doing his own thing and didn't notice I as there. So, that could be equally true but you don't know because you're not that person and you don't know what their experience was. So, hopefully that makes sense in terms of helping you to find a more balanced, alternative thought that actually might make you feel a little bit better.**

**Then, at the end of the sequence, it asks you how do you feel now? Do you feel a little bit better, what's the rating of that emotion? Has it gone down, has it gone up, and it gives you the opportunity to actually rate that emotion again at the end. So, we've had quite a few people testing that and it's been going down really well. People are really liking using that system and it's something that I use quite a lot myself, so give it a try. One thing you can do if you do have WorryTree and not WorryTree Plus is, we do a seven-day free trial. So, you could take the free trial, try it out, use it a few times, see if you like it and then, if you don't like it, you can just cancel that and it won't take any payment or anything and you've had a go but it doesn't suit you, which is fair enough. Okay. So, I think that is everything that I wanted to show you today. Hopefully, you found that really helpful. If you have any questions, please do leave them in the comments. The other thing is, you can drop us an email at [hello@worry-tree.com](mailto:hello@worry-tree.com). You can also find us on social media, we're there on Instagram, [@WorryTree](https://www.instagram.com/WorryTree). We're also on Twitter [@WorryTreeApp](https://twitter.com/WorryTreeApp), so if you want to give us a shout on Twitter or Instagram, we'd be very happy to answer any more questions and if we need to do another session and show you a few more things, I'm very happy to do that too. Okay. Thank you. Have a great day, bye-bye.**