

Soundbite Script – Wired for worry

Ashley Pratt, psychotherapist, OSF HealthCare

"It's actually part of our human nature. Our brain is designed to help us protect ourselves from danger or unpleasant experiences. So, worry is kind of our brain's way of helping us navigate or prepare for those things." (:12)

Ashley Pratt, psychotherapist, OSF HealthCare

"Focus on what we have power over. That's one of my favorite ways to manage worry. That way we can start to incorporate other coping skills through our life, whether it's breathing exercises or talking to friends, listening to podcasts, doing enjoyable hobbies throughout our week." (:21)

Ashley Pratt, psychotherapist, OSF HealthCare

"I think we can learn that we can get through it, first and foremost. Even if our worries do come true occasionally, we can cope with it. Worry gives us opportunities to learn about how we handle those situations." (:16)

Ashley Pratt, psychotherapist, OSF HealthCare

"If it feels unmanageable, reaching out to someone, whether your doctor for medication management, going to therapy, learning different techniques and just finding something that works." (:11)