

# AI-03035 Worry vs Mitigation Strategies

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**In the book of the art of a good life by Dobelli, Chapter 29, The Book of Worries. Summarize the chapter and extract the key points.**

**He mentioned about the 3 strategies to mitigate or handle worries:**

- 1. Set aside fixed time to dedicate to your anxieties**
- 2. Take out insurance policies**
- 3. Focused work**

**Explain and delve on each strategy. In taking out insurance, I know it does not mean literally, explain more.**

Based on a summary of The Art of a Good Life by Rolf Dobelli, Chapter 29, "The Book of Worries," advises on how to deal with worry. The central idea is to reduce anxiety by focusing on what you can control and consciously releasing worries about what you cannot.

Key points from the chapter include:

- Acknowledge and release worries: A recommended technique is to write down your worries daily. This act of journaling helps to externalize and let go of the anxieties occupying your mind.
- Focus on what you can control: Instead of dwelling on uncontrollable events, concentrate your energy on productive work and fulfilling tasks.
- Mitigate risk: Take out insurance to protect against critical, high-impact risks that are out of your control.

In Chapter 29 of *The Art of a Good Life* by Rolf Dobelli, "The Book of Worries," the author presents three core strategies to handle and mitigate worries. These strategies are designed to help you regain control over your thoughts and focus on what truly matters.

1. Set Aside Fixed Time for Anxieties

This strategy, often referred to as "worrying on a schedule," is a cognitive-behavioral technique. Instead of letting worries intrude throughout the day, you designate a specific, limited time—for example, 15-20 minutes in the late afternoon—to actively think about and write down all your anxieties. The goal is not to solve them, but to collect them. When a worry pops into your head at any other time, you make a mental note to address it during your scheduled "worry time" and then let it go for the moment. This process trains your brain to postpone and contain anxiety rather than allowing it to dictate your mental state.

2. Take Out 'Insurance Policies'

This is a figurative, rather than literal, approach to risk management. Dobelli suggests that many of our worries stem from a fear of catastrophic events, even if they are highly improbable. To combat this, you can take a small, tangible action—an "insurance policy"—that makes you feel prepared for a worst-case scenario. This might mean keeping a well-stocked emergency kit in your car, getting a regular medical check-up, or even simply having a detailed plan for a difficult conversation. The "premium" you pay is a small amount of effort or money, and in return, you get peace of mind and the psychological comfort of having a contingency plan, which reduces the need to worry constantly.

3. Focus on Fulfilling Work

The final strategy is about displacement. When you are deeply engaged in meaningful and fulfilling work, your mind has less bandwidth to dedicate to worry. This is more than a simple distraction; it's about channeling your mental energy into a productive and positive activity. By focusing intensely on tasks that challenge and absorb you, you push worries to the periphery of your consciousness. This strategy emphasizes the importance of having work that you find purposeful, as it serves as a natural and effective antidote to chronic anxiety.

