

8

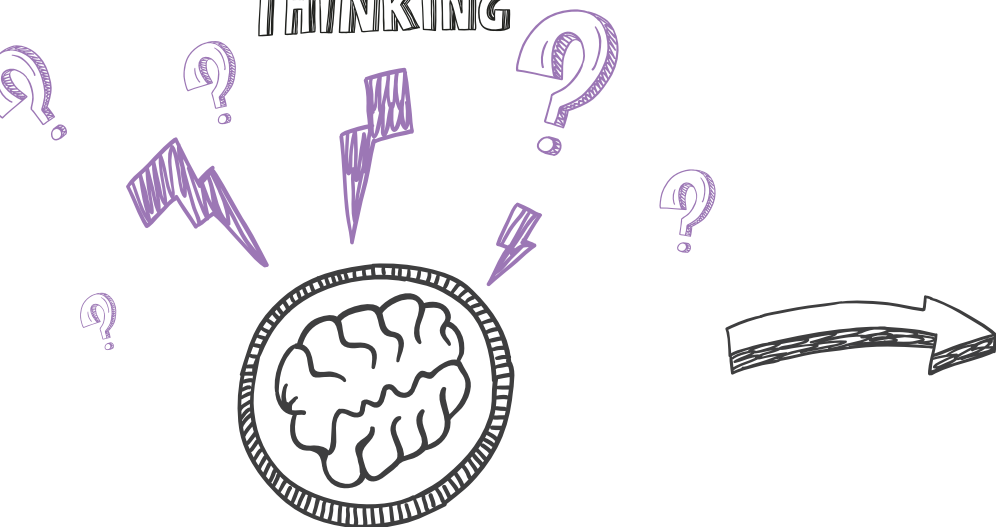
ways to cut down on worrying



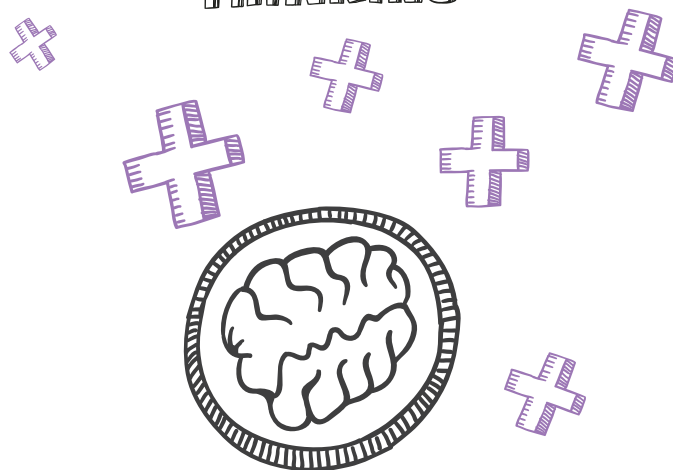
Do you worry a lot? Worry is stressful, tiring and often a waste of time, especially if you're worried about things you can't control. Instead of spending time on "what ifs," try these tips to cut down on worrying.

- 1** Make a list of all your worries.
- 2** Set aside a period every day — say, 20 minutes — during which you do nothing but worry about the items on your worry list.
- 3** After 20 minutes, end your worry session. You can worry again tomorrow.
- 4** To help even more, divide your list of worries into things you can control versus things you can't control.
- 5** Worrying doesn't solve anything: Action does. Act on things you can control.
- 6** Practice ways to live with the worries you have no control over. Try meditating, deep breathing and other relaxation methods.
- 7** Do these steps over and over until you have a strategy that reduces your worries.
- 8** Work with a professional counselor for more ways to help with worry.

NEGATIVE
THINKING



POSITIVE
THINKING



Resources *for* Living®