

Worry Less

Millions of us worry too much. We worry about making decisions. We worry about what others will think of us. We worry about disasters, about getting fired, about our spouse leaving us. Some of us even worry if we aren't worrying about something. Unfortunately, worry has never solved a problem or resolved a conflict. It doesn't add to our creativity. Mostly, it just breeds more negative thinking.

What can you do to worry less?

Exercises

1. Look honestly at the results of your worrying. Has it solved or prevented any problems in your life? This step doesn't actually reduce your worry, but it motivates you to make a change by reminding you that worrying is not helping you at all.
2. Get enough sleep.
3. Reduce your intake of sugar, caffeine and other stimulants. You will sleep better.
4. Exercise regularly. Go for a walk with a friend, with your dog, or by yourself. It will relax you
5. Meditate once or twice a day for 15 minutes. Over time, meditation helps to reduce the mental chatter in your brain.
6. When you notice that you are worrying, distract yourself. Find something fun to do. Watch a good program on the television or a movie (only upbeat shows, no negative news, horror movies and etc.). Work on a hobby that you enjoy.
7. Volunteer in your community. People will be grateful for your help.
8. If you worry so much that it is debilitating, consider getting professional counseling.

Do more. Worry less. You'll be happier and more relaxed. You'll feel like a weight has been lifted off your shoulders.

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