

HOW TO *ALMOST* STOP WORRYING ABOUT YOUR LIFE

1. Try to substitute positive thought for negative ones. For example, if you are afraid of flying, you might say to yourself, “the clouds are really beautiful up here.” If you are afraid of failure, you could say to yourself, “No matter what happens, I am a success because I have tried my best.”
2. Try to do what you can while accepting what you cannot control. Focus on positive actions and say to yourself, “I can do this today about the situation, and then what will happen will happen.”
3. Find some silver lining if the event you are worrying about occurs. For example: “I might lose my job, but I hate it anyway, and besides, I’m ready for a new challenge.”
4. Plan for the future but live in the present. Do all you can each day. Set a boundary around each day and focus on the tasks at hand. Lock the door on every day but the day you are living.
5. Try to take a vacation from worries. Yell “Stop!” to yourself and get away. Talk to supportive people and try to get a fresh perspective.
6. Figure out the worst thing that could happen to you and accept it. Realize that *dwelling* on the worst thing drains energy and makes it more likely to happen. But if you *accept* the worst, you can devote your efforts to improving what you have accepted.
7. Remind yourself that worrying destroys your health and doesn’t get you further towards any goal. Instead of worrying, lose yourself in activities that distract you.
8. Ask yourself: “What am I worrying about and what can I do about it?” Focus 95% of your thinking on solutions or distractions and 5% on worrying. Whenever you get away from the 95-5 formula, you are in trouble.
9. Worrying can be addictive. If you are a worry addict, recognize that you need your worrying. Devote a small portion of each day to worry. If you are worried that you are not worrying enough, increase the time that you are worrying. Now that you have a designated time for your addiction, devote the rest of your hours to positive living.
10. Look at the past and review your record. You have gotten through worse situations than the one you are worried about now.
11. Don’t get lost in regret. “Of all the saddest words of tongue and pen, the saddest are ‘It might have been.’”