

WORRY?

What do you worry about?

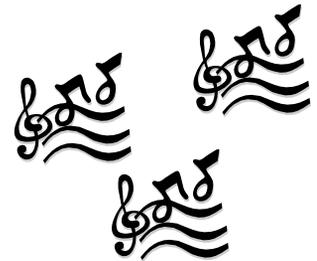
Do you worry too much?

Does your worrying cause you distress?

There are many positive ways to deal with worry! Often we may avoid coping with our worries or not use all our known skills to cope! Here are some strategies found to be effective.

LISTEN TO MUSIC

Music has been found to reduce distress and tension. Try listening to your favorite tunes! Consider singing!



GET UP AND MOVE

It is easy to get stuck in worry! Get up, move around and engage in a physical activity

Get up and shake out the worries! Walk, run, cycle!



BREATHE

Often when we are worried, our breathing pattern changes for the worse! Try breathing deeply and letting the air in and out slowly...Practice and you'll notice that slow, deep breathing helps!



DO SOMETHING YOU ENJOY

Get involved in an activity that you like!



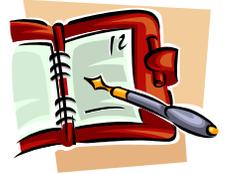
HAVE A GOOD LAUGH OR CRY

You probably know that a good laugh is very beneficial when you are worried and stressed! Consider laughing the worries away! Also, crying can be therapeutic and may wash away the worries...



GRATEFUL LIST

Keep a blessing or grateful list. On a daily basis, write down all the things, big and small, of which you are grateful! Looking over the list during those worrying moments may help!



PRAY/MEDITATE

Consider meditating or praying every day! Both have been found to be calming...



RESTORE YOUR PERSPECTIVE

Worrying often leads to a distorted perspective and to a misreading of the situation. This misinterpretation frequently occurs when someone worries alone and keeps their worries to themselves... Talking to someone about your worries often helps with getting support and restoring and balancing your view of the situation.



LET GO!

Letting go of your worries is beneficial! Worrying often leads to more worrying... So consider releasing your worries symbolically or passing them on to someone else!

