

## Worry

Worries, doubts, and anxieties are a normal part of life. It is natural to worry about an unpaid bill, an upcoming job interview, or a first date, nevertheless “normal” worry becomes excessive when it’s persistent and uncontrollable. You worry every day about “what ifs” and worst-case scenarios, you can’t get anxious thoughts out of your head, and it interferes with your daily life.

Constant worrying, negative thinking, and always expecting the worst can take a toll on your emotional and physical health. It can sap your emotional strength, leave you feeling restless and jumpy, cause insomnia, headaches, stomach problems, muscle tension, and make it difficult to concentrate at work or school. You may take your negative feelings out on the people closest to you or try to distract yourself by zoning out in front of screens.

Chronic worrying can also be a major symptom of Generalised Anxiety Disorder (GAD), a common anxiety disorder that involves tension, nervousness, and a general feeling of unease that colours your whole life.

If you are plagued by exaggerated worry and tension, there are steps you can take to turn off anxious thoughts. Chronic worrying is a mental habit that can be broken. You can train your brain to stay calm and look at life from a more balanced, less fearful perspective.

Every time you worry, you project a future, which has not occurred yet. This future is not optimistic, but pessimistic—and usually a future that was never going to occur anyway. Your projection of this pessimistic future only enforces it and creates a self-fulfilling prophecy, such that when it happens, you can seek solace in your “spot on” anticipation of this nasty scenario... then move on to worry further about other things as you prepare yourself for the “worst possible” future.

In the end, you are left with a life where worrying is modus operandi of the day and the only reason why bad things happen is because you keep thinking they will happen. You are like a negative-energy magnet that draws all the bad energy and repels all the good energy such that good things rarely happen anymore.

The reality is that you *have* control the situation; you always have. You only feel helpless because you let the situation overpower you.

### **Resources:**

*What could happen vs What will happen*

*What is worry?*

*Activities for you to enjoy*

*My Feedback Form*

*My Worry Time*

### **How to stop worrying**

<https://www.helpguide.org/articles/anxiety/how-to-stop-worrying.htm>

### **How to stop worrying about things you can't change**

<https://patient.info/news-and-features/how-to-stop-worrying-about-things-you-cant-change>