

WORRY

Worry is a common experience for many of us. It is absolutely normal to worry when we face difficulties. It is not helpful though.

Worry is thinking about problems that you face in the future. The thought often starts with: “What if?” A worry can circulate round and round our brains thousands of times. It happens mostly when we are alone or at night. **Worrying triggers fear and anxiety.** It feels awful.

If you can focus on what the issue is and what you can do practically to solve it, get on with it. Mostly though, we find these worries spinning around our brain, making life miserable.

If you can beat worry, your life will be much better and you can stop the slide downwards.

PRACTICE TIPS

1. Try to notice your mind worrying or sense the anxiety
2. Pay careful attention to what your thoughts are actually saying
3. If you can write them down, you see how silly they can be
4. Treat worry as a bad habit that you want to stop quickly
5. When worries arise, drop attention to your breath and relax
6. Use your Tactical Calm practice every day
7. Shift your attention to something you can sort out
8. Keep a sense of humour. It is human to worry.

As you learn to shift from worry to being calm and in the present, you will feel much better. Your sleep, your relationships and work will improve.

