



Worry

Worrying is a common phenomenon which most of us experience. Some worrying is functional... a prelude to action. Other worrying is counterproductive and can be stressful. Worrying can take many forms:

- Catastrophizing - what ifs, expecting the worst
- Shoulds - ironclad rules to be followed - "I should be doing this."
- Perfectionism - if it isn't perfect, it isn't worth anything
- Personalization - whatever happens, whatever people say or do, it has to do with you
- Emotional reasoning - if you feel this way, it must be true
- Obsessing - going over the same worry over and over

Breaking the Worry Cycle:

1. Identify the worry
2. Check your stress level and your response to the worry.
3. Do some reality testing - What is really happening?
4. Step back from your thoughts - What are you thinking? Why?
5. Replace rigid, harsh thoughts with more affirming ones -
 - "Everything is ok"
 - "I am doing the best I can"
 - "This has nothing to do with me."
6. Become aware of how you handle worry.
7. Keep your worrying in check and be a role model for others.
8. Seek help if you cannot manage your worry.