

Stop Worry in 7 Steps

Think about how much time you spend worrying each day. **Has any of that worrying ever accomplished anything positive in your life?**

Imagine what you could do with all of that time and energy. Imagine how much happier and comfortable you would be if you could minimize amount of time you spend worrying each day.

Worrying is a habit that we believe is helpful in some way, but it's easy to see that worrying only has a negative effect.

Worry less and live more with these strategies:

1. **Put your worries in perspective.** Think of the big picture. According to scientists, there are around 100 million billion stars in the universe. That's 100,000,000,000,000,000 suns. Most of those stars are believed to have one or more planets revolving around them. That's a lot of planets.

In the grand scheme of things, we are just hanging out on the equivalent of a speck of dust hurtling through space. (Remember the movie Horton Hears a Who?) Your problems aren't as dire as you think.

2. **Expect good things to happen. You can't worry if you expect a positive outcome.** When you assume things will turn out poorly, it's natural to worry. Be as prepared for the worst as you can, but be optimistic. Your worry isn't going to change anything. The Law of Attraction says that you will attract into your life whatever you focus on, so why not make it positive!
3. **Understand what is and isn't under your control.** We spend a lot of time worrying about things we can't change. Let go of the things you can't control, and focus on what you can control.

4. **Stay grounded in the present moment.** Pay attention to what you're doing right now. Avoid thinking about the past and about tomorrow. Make the best use of your time each moment and the future will take care of itself.
5. **Have gratitude.** When you realize how much you have and how lucky you are, the future isn't as overwhelming. Remind yourself of how good your life is already. Create a habit of practicing gratitude in the morning, during the day, and in the evening before you go to bed. Take that time to mentally list the things that you're grateful for.
6. **Avoid isolating yourself.** Life is harder to manage all alone. It's not reasonable to assume you can do everything by yourself. It's also less stressful to have a few friends in your corner. Avoid isolating yourself just because you're stressed. Your stress will only increase. Stay in touch with others. Take a walk. Get out and around people, because you never know who you might meet that could help solve a problem, or open your eyes to a new perspective.
7. **Remind yourself of your past worries.** You've worried about a lot of things over the course of your life. How many of them actually came true? Of those that did, how bad was it? Most of the things we worry about never happen. And even if they do, it's not nearly as awful as we anticipate.

Any time spent worrying is wasted time. If there's something you can do to resolve the situation, just fix it. Life is short and worrying detracts greatly from life. Work to minimize the amount of time you spend worrying each day. You'll enjoy life more and be more successful.