



MoodMaster®

Enabling professionals to deliver world class materials to those who want and need them.

How to stop worrying.

Worry can get out of hand, so it's good to know the best ways of dealing with it. Here they are:



1. Action

Sometimes your worry is trying to tell you something. For instance, if you are worried about money, then maybe you need to cut down what you spend. And if you do, your worry will go away.

2. Distraction

Distraction means 'to concentrate on something else'. For example, to concentrate on a film, a hobby, or, very often, music. This works well when you're worrying about something you don't really need to worry about.



3. Cut down on caffeine

Caffeine can make you 'jittery' and it's found mainly in coffee, tea, cola drinks and red bull. Also in some pain killers (read the ingredients).



4. Cut down alcohol

A lot of people drink when they are worried. This is a pity, because although it works well short term, it works badly long term.

5. Problem solving

If you have a problem, write down all the things you could do to solve your problem. Then choose the one you like best. **TIP:** Sometimes it's a good idea to get someone else to help.



6. Relax!

Use a relaxation CD. There are some very good ones about.

Discussion

Which of the above methods suits you best?

Tip: The one that suits you best may not be the one you use at the moment.

Discuss times when you have successfully overcome your worrying.

Project

Practice using your favourite method. Tell people how you get on with it, next time if you want.

Mythbuster:

If you are a worrier then there's nothing you can do about it. **Not True.**

The methods listed here are very effective. You just need to make a habit of them.