

20 Helpful Tips to Manage Worry

1. Talk positively to yourself
2. Maintain support system
3. Maintain your mind- Don't flog your mind
4. Use humour
5. Avoid alcohol and substance abuse
6. Get enough sunshine
7. Participate in a quick burst of exercise
8. Listen to music
9. Touch/Massage
10. Limit amount of time "on-line"
11. Promote human moments- relationships
12. Limit news
13. Hire experts for help- financial, etc.
14. Avoid moral diagnosis, Don't judge yourself
15. Sing, whistle or smile
16. Write it down
17. Do what's right the first time
18. Disengage from toxic worry quickly
19. Remind yourself that 99% of what you worry about doesn't happen
20. Consider professional help

STOP

being afraid of what

could go wrong

and think of what

could go right.