

Q: How to stop worrying?

A: If you worry incessantly, don't despair. These tips can help bring this troublesome habit under control:

- 1] **Remember, worrying is not problem-solving.** Take concrete steps to fix problems.
- 2] **If your worries involve what-if future scenarios,** bring yourself back to the present: Soak up the surrounding sights, sounds and sensations to ground yourself.
- 3] **Accept that worry doesn't eliminate uncertainty in life.** Learn to tolerate the fact that the future is often unknowable.
- 4] **Take slow, deep breaths to calm down** and get your anxious thoughts under control.
- 5] **If you tend to worry at inconvenient times** — such as in the middle of the night or during the workday — jot down thoughts so you can address them at a more appropriate time.
- 6] **If you dwell on worst-case scenarios,** give equal time to possible positive (or at least more likely) outcomes.

— Eric Endlich, PhD



WORRY