



Worried about worrying?

Worry is an inevitable part of life. The brain tends to **AMPLIFY** the unpleasant moments and **minimize** the joyous ones. However, excessive worrying can lead to feelings of high anxiety and increased stress & can even trigger health problems.



A Time & Place



Not all worrying is bad! It's when that "normal" worrying slips into a constant focus on "what might happen" that can lead us down a destructive path.

"If I don't ace tomorrow's quiz, I'll fail the class."

"That interview went terrible...I'll never get a job."

"If I don't get chosen for the group, I might as well quit dancing altogether."

Fear not, worrywarts!

Although there is no cure for worrying, we can learn to get better at recognizing when worrying is present so that it is less likely to lead us to that excessive, unhealthy place. Start by practicing these steps:



1

To Tame it, you Have to Name it – The first step is to **notice & label** your worrying! This helps to decrease the intensity of worrisome thoughts and create some distance from them.

"What's Up!?" Worry – In this mindful step, we're simply acknowledging & accepting that the feeling is here. We want to do the opposite of resist it, because what we resist persists.

2

3

Kindness Matters – Try to let go of **judging** and instead **practice kindness** by placing a hand on your heart, taking a deep breath, and asking yourself what you need. Whatever the answer, see if you can **make an intention** that's personal to your needs.

Proceed with Presence – Worry takes us out of the moment. Check in with what you value most, and see if you can be as **present as possible** in your next moment.

4

5

Lather, Rinse, Repeat... Over & Over Again! – Worry will likely return, but hey, this is a practice! **Remember, we're all works in progress!**

