

# How Not To Worry

We spend most of our energy on worrying.

Worry is the #1 energy drainer.

Most of what we worry about will never happen.

Worry Definition #(1): to give way to anxiety or unease.

Anxiety is tied to depression.

Worry Definition #(2) to allow one's thoughts to dwell on difficulty or troubles.

Our thoughts create all of our feelings and moods.

One cure for worry, anxiety and depression is Cognitive Therapy. Cognitive Therapy is Thought Therapy. The book "Feeling Good" by Dr. David D. Burns has great techniques on Cognitive Therapy. We cover the techniques from this book later in this series under "Beat Clinical Depression".

Another Great Technique is "Change the Channel".

If we don't like the thoughts in our minds, then we can change the channel in our minds. This can be done as easily as we can change the channel on our TV. Its just that simple.

Worrying is learned. Not worrying is also learned.

Think about what you are thinking about.

Is it relevant to right now?

Is there something I can do about it?

People take something to an extreme. (What if's? What is the worst case scenario? Most things we worry about, never happen.)

Does this require an excessive amount of energy?

Create an appropriate response to the thought.

Pay attention to our internal speech or self talk, or words we say to ourselves.

Pay attention to what we feed our brain.

We like to worry.

Relaxed Concentration

"Effortless Mastery" - book

Think, "Am I relaxing?"

We need to be right about how disastrous our lives are.

We like victim mode.

Like the nervous system, this is all interrelated.

What are we getting out of it?

Sometimes we think that when we are worrying, we are handling the problem.

So, if we are not worrying, we are not handling the problem?

Negative Nurturing vs. Positive Nurturing.

How To Cope With Stress When You Get Home or To Work

We Are Addicted To Pain

We Are Addicted To Stress

When we have too many windows open, something drops off. Then, we forget important stuff.

Why do we worry?

F.E.A.R. (False Evidence Appearing Real)

Addressing the fear.

Addressing solutions

Find 3 Solutions.

Don't Cope. Handle (taking action).

Coping = Symptoms

Handling = Solutions

Be Productive, Not Busy (Be efficient) (take breaks, be functional)

Money (Watch video called "Money" from the "Life Enrichment With A Few Tools" series.)

How are we going to feel in 10 or 20 years about this topic we are worrying about?

Buddhist Saying (Don't worry. If there is something you can do about it, then do it. If there isn't, then worrying will do no good.)

Worry burns our energy.

Worry hurts our bodies.

Worry takes away our tools to fix the problem.

Worrying is like poking holes in the boat while it is sinking.

Don't worry. Be concerned.

Concern is a calm thought process when addressing a challenge.

Concern is to bring thought and problem solving to.

The Dalai Lama says, "If the situation or problem is such that it can be remedied, then there is no need to worry about it. In other words, if there is a solution or a way out of the difficulty, then one needn't be overwhelmed by it. The appropriate action is to seek its solution. It is more sensible to spend the energy focusing on the solution rather than worrying about the problem. Alternatively, if there is no way out, no solution, no possibility of resolution, then there is also no point in being worried about it, because you can't do anything about it anyway. In that case, the sooner you accept this fact, the easier it will be on you. This formula, of course, implies directly confronting the problem. Otherwise you won't be able to find out whether or not there is a resolution to the problem."