

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.

There is a buddhist saying, "Don't worry. If there is something you can do about it, then do it. If there is nothing you can do about it, then worrying will do no good."

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.

Remember, this series is "Life Enrichment With a Few Tools". We cover many more tools for not worrying in our series "Life Enrichment With Many Tools".