

# 5 WAYS TO MOVE PAST ANXIETY + 'WHAT IF' WORRIES

MODERN LIFE CAN GET HECTIC - JUGGLING DAILY RESPONSIBILITIES WITH WORK/STUDIES, BALANCING FINANCES AND RUNNING A HOUSEHOLD, CARING FOR FAMILY AND FRIENDS... IS IT ANY WONDER THAT WORRIES CREEP IN? HOW CAN WE TURN THE VOLUME DOWN ON THEM? LET'S LOOK AT 5 WAYS TO MOVE PAST THE ANXIETY AND 'WHAT IF' WORRIES.

**01 SORT FACT FROM FICTION**  
It's easy to get swept up in the 'what if' worries and the anxious feelings that worries may bring, but it helps to sort fact from fiction. Whatever it is that you're worried about, it is going to happen for a fact? Or is it that it's not actually likely?

**02 JOT IT DOWN AND MOVE ON**  
Worries often rear their ugly head late at night just as you're trying to get a good night's sleep. If this sounds familiar, consider writing it down on a notebook you keep by your bedside so you can deal with it the next day.

**03 WORK ON WHAT'S WITHIN \*YOUR\* CONTROL AND ACCEPT WHAT ISN'T**  
Worries can multiply and take over, but a lot of the time we focus not just on things that we can have an impact on, but also on things that are beyond our control - such as, what your friends thought of your comment, what feedback you'll receive on your report, what will happen with the changes with work. Reflecting on these is fine, but letting these take over and affect your life is not helpful. Perhaps turning to what you \*do\* have control over can help you refocus and move forward with a workable plan.

**04 PRACTISE MINDFULNESS**  
Distracted by the commentary going on in your head? Find it hard to focus on what's right in front of you because you're worrying about the worst case scenario that you're convinced will happen? Practise mindfulness so you can detach from the worry, and instead focus on the here-and-now.

**05 GET MOVING FOR YOUR MIND**  
Constantly worrying can be very draining, resulting in feeling on edge, irritability, sleep-deprivation, and general exhaustion. To help counter this, use exercise - it's been demonstrated to be helpful in countering the physical effects of anxiety and worries.

## IS IT JUST WORRY OR A SIGN OF ANXIETY?

While worrying may be something that we all do, worry can sometimes tip over from being 'just worry' to anxiety. Some signs that this may be the case include worrying becoming more frequent, your worries feel hard to control, the worries are affecting other areas of your life, and you feel restless, irritable, or are easily tired. To learn more visit:

[www.theskillcollective.com/worry-or-gad](http://www.theskillcollective.com/worry-or-gad)

### SOURCES

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**Worry is like a rocking chair: It gives you something to do but gets you nowhere.**

- ERMA BOMBECK -

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