

Controlling Excessive Worries

Advice from Edward Hallowell, M.D. <https://drhallowell.com/2018/01/31/managing-toxic-worry/>)

1. Talk to someone (never worry alone)
2. Get the facts (Seek out information; Use logical thinking)
3. Make a plan to address your worry
4. Maintain a healthy lifestyle
 - a. Get enough sleep
 - b. Eat right
 - c. Exercise regularly
 - d. Make time to clear you mind (Relaxation, paced breathing technique, meditation, prayer, quiet hobby, etc.)
5. Let it go (Some amount of worry may benefit you, so this refers to letting go of the toxic/unhelpful part of the worry.)

Additional Tips

- Avoid self-medicating to control worries
- Seek out humor
- Listen to music
- Sing, whistle, or smile
- Get a massage
- Do a quick burst of exercise (Such as taking a quick walk)
- Try to address worries quickly after you notice them
- Talk positively to yourself
- Don't put yourself down because you feel worried or depressed
- Maintain a strong support system
- Spend regular chat time with family, friends, or co-workers
- Write your worries down
- Get enough light and sunshine
- Limit how much bad news you watch and read
- Do what's right (so that you don't have to worry about having done something wrong or dishonest)
- Remember that most things that you worried about in the past didn't end up happening and/or worked out okay
- Hire experts to help "get the facts"
- Consider professional help if you are unsuccessful in controlling worries or other symptoms, like depression and anxiety