

### THOUGHT FOR THE MONTH

*Worry affects the circulation, the heart, the glands, the whole nervous system, and profoundly affects the health. I have never known a man who died from overwork, but many who died from worry.*

- Dr. Charles Mayo

In our society, worry is common. But worry can be eliminated.

As in many other things we do, we can choose to worry or choose not to worry. This sounds almost too simple. But, in the end, what we choose is what we get.

If you choose not to worry, then consider these suggestions.

**1. Keep problems in perspective.** Often, it is the most trivial things that cause the most worry. We have a tendency to "blow things out of proportion." Some little something comes along to occupy your mind and you begin to concentrate upon it and magnify it. That's when you should focus upon more important matters that you need to be spending your time on.

Realize that all your worrying isn't going to change a thing. When you face up to this, your worries will begin to evaporate.

To speed up the evaporation, list each problem that is causing you a degree of worry. When divided up this way, your worries will cease to be a gigantic dark cloud hanging over your head.

At night, people have a tendency to magnify their worries and to think about all the things they need to do the next day. When the next day arrives, the problems don't seem to be as large as they were when they kept you awake the night before.

**2. Be Positive About Your Life.** Stop trying to second guess yourself all the time and get out of the habit of saying, "What if?" When you make a decision, go with it and do something about it. Don't continue to put off making a decision because you think it might be a bad one.

Imagine what you'd tell a friend who came to you with the problem you're worrying about right now. By turning the tables in this way, you get a different perspective on the situation. You can be more of an observer, seeing the problem more objectively and less subjectively.

Plan rather than worry. If a problem does exist, do something about it. Work out a step-by-step approach to the task at hand. You'll be surprised how attacking a problem rather than worrying about it will dissolve it.

Accept the fact that everyone experiences "ups and downs." We all have bad times and good times in our lives. See the light at the end of the tunnel - and don't think it's an oncoming train.

**3. Learn to slow down and unwind.** Take annual vacations to do just that - vacate. Vacate your usual habitat. Vacate your problems. Air out your body and mind.

Take "little vacations" daily, also. Sometime during the day, take a 15-minute vacation. Kick off your shoes, lie back and take a break. If things have been building up, getting all out of perspective, remember, "This, too, shall pass."

Enjoy a walk sometime during the day. Walking is a great way to clean out the cobwebs in your mind and to relieve that up-tight feeling caused by too much worry.

Don't let a day pass without laughing. Laughing is magic. It can cleanse when all else fails.

**4. Discuss your problems.** Talk your worry over with someone you trust. This may be a family member, a friend, a professional associate. Don't bottle your feelings up inside you.

Steam will cause containers to explode if there is no release valve. So it is with humans. You will explode with worry if you don't find a safer way to release the emotions involved.

Reaffirm your spiritual or religious conviction. Through God, you will never feel alone with your worries and you will find new strength to overcome them.

**5. Occupy your mind sensibly.** You can't just "get rid of worry." You need to replace it with something. There cannot be a void where the worry once was.

Inactivity breeds worry because it gives you time to brood and to conjure up a "worst possible" scenario. Get interested in something: your work, a hobby, a cause, a sport.

Go out of your way to meet and associate with positive-thinking people. Their confidence will rub off on you. Remember, winners associate with winners; losers associate with losers.

Indulge in sheer escapism at times. That's when TV or movies or games or sports events help you to release the steam. When your mind is distracted during this period of escapism, you will become refreshed and re-energized, and more capable of viewing problems sensibly.