

10 Tips to Reduce worrying



1. Schedule worry time in your day or week so it doesn't hijack your whole day.
2. Write a list of your worries
3. Talk about your worries
4. Break the worry cycle with exercise & fresh air
5. Take time to notice your thoughts, don't fight them allow them to just be
6. Be in the moment
7. Deep Breathing
8. Meditate
9. Stop procrastinating
10. Visualize positive outcomes.

