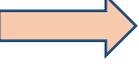
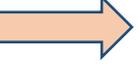
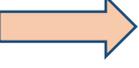


Twenty Small Ways To Stop Worrying

- | | | |
|------------------------------|---|---|
| 1. Make a new friend |  | Use social media, Zoom or Instagram to make new friends and help you cope with the ups and downs of life. |
| 2. Close your eyes |  | Block out distractions and wave worry goodbye. Don't listen to the news all day. |
| 3. Listen |  | Are you listening or just waiting for your turn to speak? |
| 4. Take a deep breath |  | The more calm you are, the less you worry. |
| 5. Accept things as they are |  | Most worry, stress and unhappiness arise from wishing things were different. Don't worry about what you can't change. |
| 6. Walk in nature |  | The world is a garden planted just for you. Just sitting outside helps. |
| 7. Delegate |  | You don't have to do everything yourself! |
| 8. Forgive someone |  | Simply acknowledge your feelings and choose to be kind instead of right. |
| 9. Be grateful |  | Appreciation will dissolve nearly every worry. |

10. Write a letter to your future self



Vent to your future self. What you worry about now will one day seem insignificant.

11. Drink a glass of water



Water will ease the pain of headaches due to worry.

12. Make a vision board



Grab the scissors, some magazines, a poster board, a glue stick and go for it.

13. Volunteer



Think about where you could volunteer and help other people.

14. Think opportunities not problems



Is your glass half full or half empty? It's up to you.

15. Be kind to yourself



Listen to the voice in your heart and respond with kindness.

16. Reward yourself



Treat yourself to the best, you are worth it.

17. Do one thing at a time



Multitasking doesn't always work.

18. Pretend the opposite is true



What if there wasn't anything to worry about?

19. Stop wondering what other people are thinking



While you're worrying about what they're thinking, they're worrying about what you're thinking.

20. Do nothing



By doing nothing, you do nothing wrong and have nothing to worry about.

