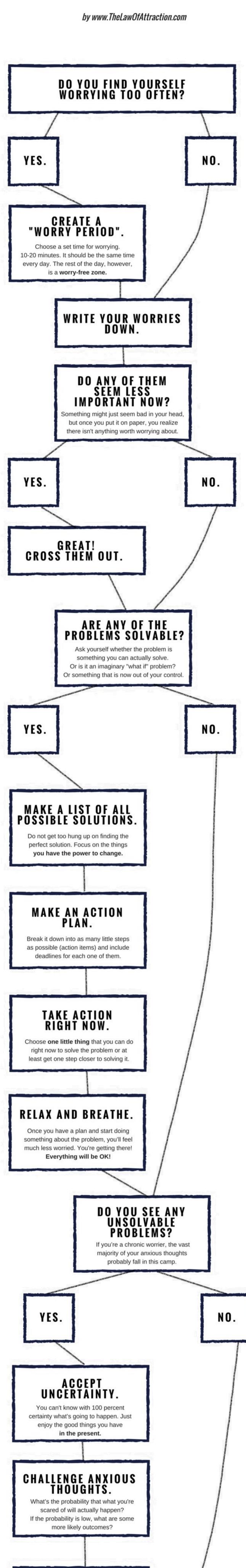
How To Stop Worrying

Interactive Flowchart & Self-Help Strategies



If you can't change the situation just talk it out. Someone else may come up with a solution to your problem or at least you'll get a hug:)

TALK TO A FRIEND OR FAMILY.

DO YOU PRACTICE MINDFULNESS?

The centuries-old practice of mindfulness can help you break free of your worries for good.

YES.

on the past or thinking about what may go wrong in the future. Bring your attention back to the present moment.

NO.

LET THE NEGATIVE PEOPLE GO.

STAY FOCUSED ON THE PRESENT.

A lot of our worries come from dwelling

"emotional vampires" in your life.

Emotions are contagious. Make sure it isn't the bad mood of someone else that is getting you stressed out. Get rid of the

BE GRATEFUL.

It is easy to get drawn to the negative thoughts. But push them out by focusing on all the positive things in your life. Try to find

something good in every problem, like lessons or opportunities for growth.

GREAT! YOU SHOULD START FEELING LESS STRESSED ALREADY:)

Keep up the mindfulness routine and follow these easy steps when you notice yourself worrying again in the future.