

Three Little Birds

Waging a War on Worry - by Sgt. Steve



*"Don't worry about a thing
'Cause every little thing is gonna be alright"*

- Bob Marley

If you are like most people you are probably worrying about something right now. Current research indicates that over 30% of Americans have at least one form of anxiety disorder. Luckily we have Bob Marley, The Dalai Lama, and the Stoics to help us worry less. Today, let's wage a war on worry.

1. WEAPON: LOGIC

I like to lead with logic because it is a highly effective tool against emotion. Simply put: **The Dichotomy of Control.** The goal is to focus on the things you do control, and disregard the things that you don't control.

If you do control something, "GREAT" there is no need to worry. If you don't control something, "GREAT" there is no need to worry.

"If a problem can be solved there is no use worrying about it. If it can't be solved, worrying will do no good."

- Dalai Lama

2. WEAPON: STATISTICS

We all need to truly understand that worry is statistically an indicator that there is nothing to worry about at all. If you feel a little bit of worry, you can go ahead and relax because the odds are very much in your favor.

According to Psychology Today:

91%

of worries are false alarms.

According to Penn State:

Only 8%

of things people worry about actually come true.

3. WEAPON: WISDOM

Wise people who have lived long lives and had many experiences tell us that worry is pointless, harmful, and only makes problems worse.

“A man who suffers before it is necessary, suffers more than is necessary.”

— Seneca

“Do not anticipate trouble, or worry about what may never happen. Keep in the sunlight.”

— Benjamin Franklin

“I am an old man and have known a great many troubles, but most of them have never happened.”

— Mark Twain

“Worry is the interest paid by those who borrow trouble.”

— George Washington

4. WEAPON: CONFIDENCE

Remember, if you are reading this, you have a **100% survival rate**. You have made it through everything life has thrown at you. Your track record speaks for itself.

“Never let the future disturb you. You will meet it, if you have to, with the same weapons of reason which today arm you against the present.”

— MARCUS AURELIUS

As we jump out of our trenches and attack the day, remember that you are well armed against the enemy. Use your weapons, and victory can be yours.

**Amor Fati,
Sgt. Steve**