

WHY WORRY?

Worry. It doesn't just get in your head; it gets under your skin. Worry has a way of stealing your thunder, keeping you from accomplishing your goals, and sometimes even feeling unenthusiastic about your dreams.

The Wrath Of Worry

Find Out Just How Destructive Worry Can Be.

- ✓ Raises Your Heart Rate
- ✓ Can Cause Headaches
- ✓ Can Cause Anxiety Attacks
- ✓ Can Cause Shortness Of Breath
- ✓ You Are More Likely To Become Irritable
- ✓ Insomnia
- ✓ Social Anxiety
- ✓ Procrastination
- ✓ Avoidance

No More Worries

Let's Look At Some Tips And Tricks Designed To Help You Worry Less In General.

- ✓ Go All In

- ✓ Turn Worst Case Scenario Into A Best Possible Outcome
- ✓ Put The Brakes On
- ✓ Revisit Your Past
- ✓ Take A Worry Break
- ✓ Make A List
- ✓ Stop Comparing
- ✓ Talk To Someone
- ✓ Take An Electronic Break
- ✓ Journal
- ✓ Recognize The Bad Things Are Temporary
- ✓ Trust Things Will Be Okay

Job Security Worries

- ✓ Know How To Ask For Help
- ✓ Avoid The Drama
- ✓ Under Promise/Over Deliver

Worries You Aren't Good Enough

- ✓ Quit Comparing
- ✓ Connect
- ✓ Just Be You

Worries About Being Judged

- ✓ The Only Authority On You, Is You
- ✓ Whose Opinion Matters Here?
- ✓ You Can't Read Minds

Worries About What Next

- ✓ Embrace Imperfection
- ✓ Create A Plan
- ✓ Be Flexible