



# HOW TO STOP WORRYING ABOUT THE FUTURE

*Reduces Stress, Anxiety & Live a Healthy & Happy Life*

**BETTY GAINES**

**Copyright Info:**

This book is intended for personal reference material only. This book is not to be re-sold or redistributed to individuals without the consent of the copyright owner. If you did not pay for this book or have obtained it through illicit means then please purchase an authorized copy online. Thank you for respecting the hard work of this author.

## **Contents**

[How to Stop Worrying About the Future: Reduces Stress, Anxiety & Live a Healthy & Happy Life](#)

[Preface](#)

[How to stop worrying](#)

[Work on your consciousness](#)

[Perceive the problem before it gets to you](#)

[Do not run away from your problems](#)

[Realize](#)

[Keep yourself busy](#)

[Recognize your feelings](#)

[Do the opposite](#)

[Conclusion](#)

## How to stop worrying

Everyone has coped with anxiety at some point in their life, irrespective of their age, gender or career. Everybody worries about something or someone, but some people worry so much that their anxiety is considered as a disorder.

Fear and anxiety must not be confused as they are poles apart. Fear is an actual feeling that occurs when something is happening to you, for instance, someone is robbing you. It is logical to be fearful.

Anxiety is thinking about something that has not occurred yet and worrying about it. Whenever there's a problem that comes up, your brain starts thinking about numerous possibilities of what can happen next, mostly possibilities that are going to worsen your current situation and thus you start panicking about something that has not taken place yet. In short anxiety is about trying to fix a problem but without fixing it.

While you are worried about the future, or the thousand possibilities that you made up in your mind, the world is still functioning normally without you. Constantly worrying about things can have a great impact on your life. It is as if you are forcing yourself to watch something violent even though you have the choice to not do it. Even if your anxiety is not as deep rooted as others, you are still missing on some parts of your life by worrying. Without realizing, you might be detaching yourself from your dear ones and isolating yourself from the rest of the world just by focusing on your worries.

When you realize that you are letting your anxiety to take over, you will try your best to forget about it by not

focusing on it but the human brain is programmed as such, that in order to try to not give importance to something, you have to keep it in mind. Hence the more you try to push it away it rebounds back to you and each time it hits you back it amplifies, leaving you hopeless. At this stage you must change your ways of thinking.

## **Work on your consciousness**

You need to be aware of whatever is happening and for that you need to accept the situation that you are into, direct your attention in the correct way and differentiate between your thoughts.

The more you fight against your problems the stronger they hit you back, hence learn to accept them. You don't have to accept that you are facing a great problem with no positive solution, you just need to stop trying to pretend that everything is okay and there is no problem at all.

Directing your attention on situations that are worthy is essential. Do not spend your day worrying about the same situation again and again, you will hit a dead end. Instead give your attention to your surroundings, to the people around you, to your life that is slipping by without you realizing. You are wasting a huge amount of time thinking about different scenarios that may never take place while you could use this time to do something more productive. It is time to pop your anxiety bubble and focus on your actual daily life. Those endless 'maybe's' might never happen while your life is the reality, something that is happening. Initially, you might have trouble to lose the habit of constantly worrying, with some practice gradually you can move your attention to other things that are worthy, this is where labeling and differentiating between your thoughts come in handy.

You should not let your thoughts take control of you. It is very common to let your thoughts take over and manipulate you in many ways. People let their thoughts become the master of their mind and lose their real selves. You should be able to differentiate between the person your thoughts make you and the real you. You should be able to

understand that your worries are the problem, you are not the problem. When a situation arises, identify it as a problem to solve, do not tie yourself with the problem and identify it as one.

Train yourself to be aware of what is happening, don't ignore your problems but make sure you understand that even though they form part of your life, they are not you, there's you then there's your problems. It is two different entities and you don't have to worry about them constantly. You must train yourself to think about everything else that is going on in your life, you should not let your problem be your primary focus. Start to give more attention to the small details in your surroundings, redirect your mind to something else and let yourself discover things as if it's your first time seeing them.

Whenever you feel that your worries are getting a grip on you, tell yourself that they are just thoughts, you are stronger than them and you can fight them back. Get a hold of yourself and focus on your life and what is going on around you. Gradually your sense of awareness will amplify, and you will be more confident.

### **Perceive the problem before it gets to you**

Your emotions are linked to whatever you are thinking and if you tend to think about negative outcomes to every problem that arises, you will be left with a bunch of negative emotions. Whilst you can develop the habit of accepting that thoughts are not real things that are going to take place, it takes much more time and will power to manage emotions, hence trapping yourself in a circle of negativity.

There are various factors indicating that you lost connection with the actual world and entered the bubble of

**You've Just Finished your Free Sample**

**Enjoyed the preview?**

**Buy: <http://www.ebooks2go.com>**