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## 6 WAYS TO CALM YOUR WORRYING

[www.doniafahim.com](http://www.doniafahim.com)

# 6 WAYS TO CALM YOUR WORRYING



1

## ACKNOWLEDGE YOUR FEAR

Telling yourself, "Don't worry about it," is likely to backfire. Accept that you feel anxious and your intrusive thoughts may actually subside.

2

## REFRAME UNREALISTIC THOUGHTS

Replace your negative thoughts with more realistic statements. Imagining one bad grade will ruin your entire future will only fuel your anxious feelings.

3

## ENGAGE IN PROBLEM-SOLVING

Separate the things you can control from the things you can't. Then, focus your efforts on addressing the problems you have some control over. Whenever possible, turn your worrisome thoughts into productive behavior.

4

## CALM YOUR BODY

Take steps to calm your body. Go for a jog, do some yoga, practice deep breathing, or perform relaxation skills. Calming your body can be key to calming your mind.

5

## PRACTICE MINDFULNESS

Stop worrying about something you said yesterday. Practice mindfulness skills and become completely in tune with what is going on around you right now.

6

## SET ASIDE TIME TO WORRY

Schedule a time slot to worry. When anxious thoughts enter your mind at other times during the day, remind yourself, "It's not time to worry about that yet." This can prevent uneasy thoughts from overtaking your entire day.