

Get Rid Of Anxiety Without Blowing Up

Dealing with what's troubling you

Does something have you stressed out? Is there a situation that worries you so much you find yourself constantly thinking about it? Having anxious thoughts can make your whole day miserable.

Fortunately, there are some tips that can help you get rid of those worries.

Worst case ~ not

Imagine what the worst possible situation or outcome could be. What would you do if it really occurred? How likely is it that your concern will even come to pass? If you are prepared for the worst, you will be ready to face whatever happens.

After you think it through, you may find that your fears are not realistic. You might even get a good laugh at your overactive imagination.

The glass is half full

Instead of filling your mind with worries, go through your day with cheerful thoughts. Look for the positive in each day, no matter how small it is.

If you look for good things, you will find them. Have the attitude that today is going to be your day-and it will!

Get your Zzzzzzs earlier

Going to bed a little sooner than usual will allow you to wake up earlier. Spend the extra time in the morning thinking over the day ahead. Being prepared for the day will allow you to be relaxed and capable of handling the stresses that may come up.

Make this a time to look forward to. Pick a favorite spot to sit and quietly reflect.

Learn to laugh

Learn to use and recognize humor throughout the day. Laughter can help you cope with stress more efficiently. Watch a funny video or tell an amusing story to a friend.

In fact, it is healthy to laugh. When you laugh, an infection-fighting substance called immunoglobulin increases in concentration in your body. Humor is a great method to help you deal with anxiety.

Don't let your troubles and worries keep you down. Consciously fill your day with the positive and soon you will find it becoming natural for you to do.