

# We're Headed for the Future

Do worries consume your thinking? Although many of us have things that trouble us from time to time, anxieties should not be allowed to dictate our lives. Here are several tips to aid you in fighting your worries.

## **Understand Your Fears**

What is your biggest fear? How likely is it that it will actually occur? Think about what you could do to prevent this from happening or how you would deal with it if it did. Thinking through a situation helps alleviate worries and puts fears into perspective. Often, once you think of the worst possible outcome, your fear will seem much less frightening. The fear itself is not so frightening as is the unknown.

## **Get Rid Of Negative Thinking**

Don't allow endless worries to plague your thinking; instead, fill your mind with pleasant thoughts. Meditate on a proverb or an encouraging quote. Whenever you begin to think, "What if...," immediately recall that uplifting thought.

## **Are You Fretting?**

- Do anxieties dominate your thoughts?
- Do you lie awake in bed worrying about the assignment you didn't complete at work?
- At work, do you anxiously wonder if you are performing competently and if the boss thinks you are doing well?

## **Be An Optimist**

Instead of dwelling on the worst possible circumstance, focus on the positive. Being optimistic doesn't mean you aren't realistic. It means that you know bad things can happen, but you aren't going to let that fact dampen your life. Studies have shown that optimistic people tend to have better health than those who are always negative.

Tell someone you trust about the things that have been bothering you. Ask them for any insights that might help you deal with these concerns. Since they know you well, they may be able to give you an objective perspective.

This might help you realize some ideas that you may have overlooked.

Endeavor to put these helpful suggestions into practice. You will find that the more you do so, the easier it will be to get rid of those all-consuming worries