

WHY WORRY?

*It makes no sense to worry about things you have no control over because there's nothing you can do about them, and why worry about things you do control?
The activity of worrying keeps you immobilized...Wayne Dyer*

WHAT TO KNOW!

- ❖ Worry is negative mental activity we do to avoid perceived potential threats
- ❖ It is the negative self-talk we do that builds our anxiety and can immobilize us
- ❖ Worry is usually in response to a "what-if" that seldom happens
- ❖ It can distract us from focusing on actual possible solutions to the problem at hand
- ❖ A 2006 study by Dr. Walter Cavert found that 40% of the things we worry about never happen, 30% of our worries are over past events, 12% are needless worries about our health, 10% are insignificant or petty, and 8% are legitimate situations
- ❖ Worrying can sometimes be helpful if it motivates you to take action to solve a problem
- ❖ However, usually it adds to problems when you worry about worrying about a problem
- ❖ Constant worrying can affect your mental and physical states; it can interfere with your sleep and cause you to feel tense and edgy
- ❖ Chronic excessive worry is a major criteria for Generalized Anxiety Disorder
- ❖ Toxic worry, as defined by Dr. Edward Hallowell, is when the worry paralyzes you
- ❖ Often people worry chronically because they believe that it helps them find a solution, they don't want to overlook some key point, or they don't want to be surprised
- ❖ With excessive worry, your mind and body can go into a highly aroused and/or panic state where you are solely focused on what might happen and feel a sense of impending doom
- ❖ Chronic worrying interferes with your appetite, sleep, lifestyle, job, and relationships
- ❖ Often worriers will seek relief in cigarette smoking, eating, drinking, and drugging
- ❖ Health problems related to chronic worrying include digestive disorders, memory loss, dizziness, dry mouth, fast heartbeat, fatigue, headaches, difficulty concentrating, muscle aches, sweating, trembling, and rapid breathing
- ❖ Some irrational beliefs worriers have include:
 - ❖ I am a born worrier
 - ❖ If I worry about something, it won't happen,
 - ❖ Because it didn't happen once doesn't mean it won't happen the next time
 - ❖ Because I'm worrying about something, it's likely to happen
- ❖ Worrying mostly comes from patterns of thinking and feeling that are developed over your lifetime and can easily be learned from watching one's parents

WHAT TO DO!

- ❖ If you have health worries, get a medical examination to rule out any health problems
- ❖ Exercise daily, eat healthy, and lower your caffeine intake to reduce stress
- ❖ Practice relaxation by meditating, deep breathing, listening to calming music, etc.
- ❖ Visit with friends and participate in social events
- ❖ Be conscious of your worries and set aside 15-30 minutes of time to develop solutions and then let the worries go
- ❖ Try the techniques of distraction and thought stopping to stop worrying
- ❖ Recognize that your worries can be irrational; try to replace them with rational thoughts
- ❖ Seek professional help to develop coping strategies, to change worrisome thoughts and fears, and to help find solutions to problem situations

WE CAN HELP!

Call us at **954 755-2885** or email us at [**DrKimmel@KimmelPsychology.com**](mailto:DrKimmel@KimmelPsychology.com)

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