1. Get the facts. Base worry on reality, rather than on a terrifying fantasy your imagination has concocted.

2. Analyze the problem and take corrective action.

3. Ask for advice. Part of attacking any problem is asking for help.

4. Add structure to your life where you need it. Many everyday worries are related to disorganization. What have I forgotten? Will I get there on time? Lists, reminders, a daily schedule - these concrete bits of structure can reduce the amount of time you spend in destructive ways.

5. Don't watch too much TV news or read too many newspapers. The mass media lacerate us with upsetting stories. If you do not consciously limit the amount of media news you consume, you will overdose on worry.

6. Keep a pad by your bed so you can write things down that you think of in the middle of the night. It is easier for you to go back to sleep if you know you have written down your concern.

7. Never worry alone. When you share a worry, it almost always diminishes.

8. Look for what is good in life. Take an inventory everyday of what is good.

9. Reality-test your worry. Ask someone who should know if your worrying makes sense, or if you have exaggerated the problem.

10. Learn how to talk to yourself in a reassuring way. Try re-examining the evidence and saying something positive to yourself.

11. Do something you like. It is almost impossible to worry destructively if you are doing a task you enjoy.
12. Use humor. One of the best ways of dealing with worry, or any stress in life, is to laugh. Make jokes out of bad times. Worry almost always entails a loss of perspective; humor almost always restores it.

13. Don’t settle into worry. When you feel it wrapping itself around you, disengage yourself. Get up and walk around, take a shower, write a letter, talk to a friend. The longer you let worry last, the harder it is to escape.

14. Have faith. In what, of course, is up to you. If you believe in God, practice your belief. Let go of your impossible need for control.

15. Cry. Sometimes worry is a form of pent-up sadness, and what you really need to do is to let it go in a torrent of tears. A good cry can wash away bad worry.

16. Exercise. Exercise reduces the anxiety the brain accumulates during the average day. Exercise is one of the best treatments for worry that we have.

17. Sleep properly. Lack of sleep can make you irritable, distracted and prone to useless worrying.

18. Eat properly. Eat a balanced diet, and take time when you eat so you will make good use of your food. But don’t eat to try to make your worries go away.

19. Get enough light. Make an effort on sunny days to go outside as much as you can. Even if it’s cold, the sunlight is good for your mood and will make you worry less.

20. Finally, remember that nothing lasts forever, not even worry.

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