Rid Yourself of Worry
Write it down.
Acknowledging your worry
Takes away its obsessive power.
So make a list of what's bugging you.

Say a prayer.
Ask God for help, patience
And the strength to get through
Your troubles.

Do something.
Clean out your closet,
Reorganize a room, write a letter
Or make a phone call you've been putting off.
You'll feel better just getting something done.

Read.
A book about someone else's troubles
(to take your mind off your own),
Something uplifting or funny,
Or even a self-help book for advice.
Take a break.
For 10-15 minutes,
Sit with your eyes closed in a quiet spot.
Mentally make a list of blessings in your life;
Good health, plenty of food in the fridge,
Friends and family, nice weather,
Anything you can think of.

Take a walk.
Movement is action.
With any luck the exercise will clear your mind
And raise your endorphin levels at the same time.
Getting out in the sun will lift
Your spirits too.

Let it go.
For a day or even just a few hours,
Do something you enjoy.
Try to refresh your mind and
See things in a new light.
Don't worry – your problems will still be
There when you get back.

Ask for help.
Ask your spouse, friend, sibling or family
For ideas on how to get past the
Obstacles in your life.
It'll remind you that others
Have gotten through the same problems
Before and hopefully give you some useful advice.

You can't change the past,
But you can ruin the present
By worrying over the future!
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