

"I've had a lot of worries in my life, most of which never happened."

- Mark Twain

Healthy and Happy You

Building your capacity to thrive

KEY TAKEAWAYS

Summary Week 1: Why we worry

Thank you for joining our **Why We Worry** Power Session and taking the time to contribute towards your self-care.

To get a grasp on being Happier it is important to:

- Acknowledge your worries, and check in with yourself – whilst being careful not to worry too much.
- Understand and define the things that are creating stress and worry.
- Learn to calm the nervous system by practicing deep breathing.
- Notice when you are worrying and notice any beliefs that reinforce worry. Awareness of the process gives us more choice in how we respond.
- Live and be more in the present. Worries manifest and increase when we focus too much on the future.
- Embrace uncertainty. Beyond simply tolerating uncertainty, we can embrace it as an inherent part of living.
- Face your fears. With repeated practice, our fears become less gripping and we can confront them with greater equanimity.
- Be focused and present to whatever is going on now, without judgement.
- Speak kindly to yourself: "I am aware of my worry. It is what it is. I am sorry. I am here. I know you suffer so much".
- Learn to be your own therapist and care provider.

"If a problem is fixable, if a situation is such that you can do something about it, then there is no need to worry. If it's not fixable, then there is no help in worrying. There is no benefit in worrying whatsoever." HH Dalai Lama

Homework:

- Allow time every day to do the Deep Breathing Exercise
- for 5 to 10 minutes.
- Exercise every day and eat healthy.
- Don't worry, and be happy!

