

WORRY → LOGIC

Practical Steps for Anxiety-in-the-Now



WORRY

It is not uncommon to worry. Life happens and things come up. However, when a worry transfers over to an irrational fear, we need to know how to identify it, rationalize it, and let it go!

FEAR

Identify. Get to the root of your fear by saying it out loud or writing it down. Ask yourself what would be the worst possible outcome of your fear and if you have any control over it.



LET IT GO!

*Take the necessary steps to control what you can, to reduce the fear, and then ask yourself this question about the things **you can't control**. "If I worry about it, will it change the outcome?" The answer will undoubtedly always be, "NO!"*





LOGICAL STEPS

Having tools and resources, for impromptu worrying, is necessary to keep fears from spiraling out of control. Writing things down, breathing techniques, or relaxation methods, such as prayer and meditation, are important to have ready when needed.

After taking the logical steps to deal with the worry or fear, Let It Go! Worry will never remove a fear, practical steps will.

WRITE IT DOWN

Keep a pad and pen handy in a place where worry seems to creep up most. If most of your worry occurs at nighttime, keep a small notepad bedside so you can grab it a moments notice. Identify where fear strikes and be ready for it!



BREATHE

*Have a proven breathing or meditation practice in place **before** an anxiety attack strikes. One of my favorites is Dr. Weils, 4 7 8 method. Research what works for you, **and breathe.***

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