



ideas to help you Live happy



Too much worry can interfere with being happy. Check out the tips to reduce daily worry.

Don't Worry, Be Happy

TIPS TO HELP REDUCE WORRY:

- **Learn to relax.** Using brief relaxation techniques during the day such as progressive muscle relaxation and breathing. These techniques take practice, but can provide a state of calmness and help you take your mind off your worries.
- **Exercise reduces anxiety.** Exercise has a “tranquilizer effect” and can produce long-lasting relaxation.
- **Move from worry to action.** Anxiety can be a signal to take action. Worrying can be helpful when it prepares you for the inevitable or prompts you to take useful action.
- **Check the facts.** Worries have a way of becoming exaggerated. Most of the awful things we imagine never come to pass. So before you spend a day worrying, check the facts to see if it's even worth thinking about!
- **Deal with uncertainty.** Sometimes the only way to reduce uncertainty is to make a decision. Once you decide, you at least know what to do. But while you are uncertain, you are under constant stress with no obvious course of action.
- **Distract yourself.** Whenever your mind endlessly repeats negative thoughts, practice diverting your attention to something else. Some people imagine a large stop sign. Others snap a rubber band they wear around their wrist. Do anything that takes your mind off the worry.
- **Schedule worry time.** Set aside 20-30 minutes during each day as your “worry time”. Jot down little things along with big ones that are bothering you. Be as specific as possible. Once you have a list, see if you can problem solve. If not, carry the problem over to tomorrow's “worry time”. It will eventually get solved, or be dissolved!
- **Get help.** If feelings of anxiety or fear are so strong that they interfere with work, pleasure or relationships, it may be time to call the EAP.

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For more information or free counseling call Intermountain EAP at 1.800.832.7733.

Visit our website at intermountainhealthcare.org/eap