

4 Tips on How to stop over worrying



Talk to supportive relatives and friends

As a chronic worrywart, it's easy to get lost in your own thoughts. Having a conversation with a trusted friend or family member can provide a fresh perspective



Meditate

Meditation is a proven method for calming the mind by focusing on the present moment, rather than worrying about the past or the future.



Keeping a daily journal of your feelings

Anxiety grows into chronic stress when we ignore the early warning signs. A daily journal might help you see patterns and manage stress. By avoiding worry it will help you feel better and keep focused on what matters most.



Inhale and exhale deeply

You've undoubtedly heard it a million times, but it works. When anxiety strikes, closing your eyes and taking a deep breath can help you calm. It can also help you relax by soothing your nervous system and reducing tension.