

# 50 brilliant STRATEGIES TO HELP YOU STOP WORRYING TOO MUCH

1. Practice Mindfulness
2. Limit Media Consumption
3. Set Boundaries
4. Focus on Solutions
5. Write It Down
6. Prioritize Self-Care
7. Time Management
8. Practice Gratitude
9. Connect with Others
10. Learn Stress Mgt Techniques
11. Set Realistic Expectations
12. Focus on the Present
13. Establish a Routine
14. Seek Professional Help
15. Limit Procrastination
16. Practice Positive Affirmations
17. Engage in Hobbies
18. Learn to Let Go
19. Create a Support Network
20. Limit Perfectionism
21. Establish Healthy Boundaries
22. Practice breathing exercises
23. Take breaks
24. Delegate Tasks
25. Create a Relaxation Space
26. Educate Yourself
27. Limit Overthinking
28. Accept Uncertainty
29. Use Time Blocking
30. Set Realistic Goals
31. Stay Organized
32. Limit Negative Self-Talk
33. Find Humor
34. Spend Time in Nature
35. Engage in Problem-Solving
36. Practice Assertiveness
37. Visualize Success
38. Practice Forgiveness
39. Cultivate Resilience
40. Express Yourself Creatively
41. Set Aside "Worry Time"
42. Focus on Breathing Patterns
43. Engage in Distraction
44. Establish Healthy Sleep Habits
45. Practice Acceptance
46. Learn Time Management
47. Seek Perspective
48. Stay Informed but Balanced
49. Create a Gratitude Journal
50. Stay Present-Minded