

Title:

Five Steps to Freedom from Worries

Word Count:

562

Summary:

The article is about the heavy burden caused by worry, stress, and anxiety. Most people actual

Keywords:

stress and anxieties, self-destruction, relationship

Article Body:

Merriam-Webster defines ^worry~ as a mental distress or agitation that usually comes from some

But what does worrying do for us? Worry is like a dense fog that can cloud our vision and slo

We worry about our careers...bills...house payments...tuition fees...who our kids are dating..

Another cause for worry is when we needlessly compare ourselves to others or when we are consu

How do we deal with worries, then?

The first step to dealing with worry is to identity what worries you the most. Accepting that

The second step is to tell yourself that worries are not necessarily logical or rational. It

The third step is to make a sensible plan on how to address those worries. For example, if yo

The fourth most important step is to let go. Letting go is key to overcoming worry and all th

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