

Title:

Our Fears And Worries Can Distort The Reality Of The Situation

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373

Summary:

At times, our worries and anxieties can overwhelm us. In addition, our worries can distort our

When feeling anxious, stop what you are doing and try to do something that will relax you. A p

Keywords:

Article Body:

At times, our worries and anxieties can overwhelm us. In addition, our worries can distort our

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Remember that our fearful thoughts are exaggerated and can make the problem worse. A good way

When overwhelmed with worry, a person may encounter a lot of scary thoughts coming at them all

Remember that all the worrying in the world will not change anything. I realized that most of

As a Layman, I realize it is not easy to deal with all of our fears. When your fears and anxie

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