

Title:

Using Alcohol Or Taking Drugs Will Not Take Away Your Worries

Word Count:

377

Summary:

At some point in time, you feel lost and confused. No matter what you do, you worries and fears

Using alcohol or taking drugs will not take away all of your problems. You might feel better n

So what do you do to manage your fears and worries? The key is in how you manage your stresses

Keywords:

Article Body:

At some point in time, you feel lost and confused. No matter what you do, you worries and fears

Using alcohol or taking drugs will not take away all of your problems. You might feel better n

So what do you do to manage your fears and worries? The key is in how you manage your stresses

Get some help. Discussing your problems with a counselor can go a long way in overcoming your

Do not try to get rid of all of your worries at the same time. Determine which of your worries

Do not try to determine what may or may not happen later on. Just focus on the present and do

Begin to learn what works in managing your worries. For instance, you have a lot of anxiety an

Remember that using alcohol or other substances will only make things worse for you. Instead o

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