

BRICKIE CONNECTIONS

BRICKIE CONNECTION #28: Worry Less

When you feel worry, repeat the following mantra: "I can choose peace instead of this." Peace is a tool to cultivate and one of the best antidotes to worry.

Move: walk around the block, run in place, jump up and down, put on some music and dance. This helps to get stagnant energy out of your system.

Practice the "3 Cs" approach:

Catch it. Each time a worry creeps in, write a brief description of it.

Challenge it. Challenge the worry. Is it warranted? Does it help the situation?

Change it. Replace the worry with what is actually happening at the present moment.

It's ok to release worry and think more optimistically. Most worries never materialize.