

Conquer the worry habit!

By Gael McInnes, RGON, RM, BHIth Sc.(Nsg).

How's your week been?

Did you get done all you wanted to, or do you feel you haven't achieved much at all?

Did you actually set any priorities?

Perhaps your week has been thoroughly wretched; you have been desperate to keep in control, but no control...out of control...

The Oxford dictionary defines worry as, "to give way to anxiety or unease, to allow one's mind to dwell on difficulty or troubles."

So what's disturbing your tranquillity and enjoyment? Are you trying to figure out tomorrow's problems today?

Worry, anxiety and fear occur when you spend today's strength and energy trying to get tomorrow's answers!



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Change is an inevitable part of life. We're being shaped every minute we live. Every thought, every decision, every action, every emotion, every response is shaping us into one kind of person or another. You need to get comfortable not knowing why something happened, not knowing how long it's going to take and not knowing what you are going to do.

We all get backed into corners at times – the kids have been sick, work is piling up around the house, the report the boss

wanted yesterday – the list goes on. You need to be careful that you're not saying to yourself things like...

"I can't do this, I don't have the experience in this area, I can't do this by myself", and other negative self-talk.

You won't be in your present situation forever. Just because you can't see a way out, doesn't mean there isn't one. Everything you and I are going through right now will eventually pass! You need to tackle one day at a time. There are many demands on our time, our money, our skills, and there is fierce competition in the work place. We 'stuff' ourselves with information that we may never have to call on, but which we 'might' need. This only causes overload...anxiety...worry...panic...help!

Stop! Take stock. What's important in your life and that of

It is said that J. Arthur Rank, an English executive, decided to do all his worrying on one day each week. He chose Wednesdays. When anything happened that gave him anxiety and annoyed his ulcer, he would write it down and put it in his worry box and forget about it until the next Wednesday. The interesting thing was that on the following Wednesday when he opened his worry box, he found that most of the things that had disturbed him the past six days were already settled. It would have been useless to have worried about them!

your family? You need to have balance, keep it, and have fun along the way. Life's too short. What are your priorities just now?

Here are some tips to help conquer that worry habit.

- ◆ Don't whip yourself into a frenzy about things that you could have done better.
- ◆ Write a 'to do' list. Plan ahead for the week.
- ◆ What's most urgent? Rank the priorities and the time frames.
- ◆ Believe in yourself. Believe that you do best what you feel best about.
- ◆ Be 'present-minded' – get on with the task at hand and try not to procrastinate.
- ◆ Don't feel bad if you have to ask for help.
- ◆ Praise yourself when you have completed a task and cross it off the list.

There are so many 'unwritten' expectations in life. You must choose what to do now, and where to go from here. My favourite biblical book, *Proverbs*, (3:5-6) states "Trust in the Lord with all your heart; do not depend on your own understanding. Seek his will in all you do, and he will show you which path to take." (*The Living Bible* version.)

You need to get to a stage in your life when you can say to yourself, that you have done a really great job today and enjoyed every minute of it. You will then know that you have conquered the worry habit!



Gael McInnes, who lives in South Auckland, is a recently retired nurse and midwife, experienced in holistic care. Gael worked in diverse health arenas and taught at tertiary level.

Wise Words on Worry

"Worry is like a rocking chair: it gives you something to do, but it doesn't get you anywhere."

— *Source Unknown*

"What worries you, masters you."

— *Haddon W. Robinson*

"If you can't sleep, then get up and do something instead of lying there worrying. It's the worry that gets you, not the lack of sleep."

— *Dale Carnegie*

"Worry is wasting today's time to clutter up tomorrow's opportunities with yesterday's troubles."

— *Source Unknown*

"Every evening I turn worries over to God. He's going to be up all night anyway."

— *Mary C. Crowley*

"Worry pulls tomorrow's cloud over today's sunshine."

— *Chuck Swindoll*

"Don't worry about what's ahead. Just go as far as you can go - from there you can see farther."

— *Cited in "Bits & Pieces"*

"Worry often gives a small thing a big shadow."

— *Swedish proverb*

"Blessed is the person who is too busy to worry in the daytime, and too sleepy to worry at night."

— *Unknown*

"The reason why worry kills more people than work is that more people worry than work."

— *Robert Frost*

"Do the thing you fear to do and keep on doing it... that is the quickest and surest way ever yet discovered to conquer fear."

— *Dale Carnegie*

"Worry is interest paid on trouble before it is due."

— *Source Unknown*

"Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear... Who of you by worrying can add a single hour to his life? Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."

— *Jesus Christ, Matthew 6:25-34*