



Coping with Worry

Feeling powerless or vulnerable often leads to worry. In these situations, it's not unusual to dwell on the "worst-case scenario" or other potential negative outcomes.

There is no way to predict what the future may hold. However, you can take steps to manage your reaction to worry. Try these tips:

- **Gather information.** The unknown is a significant source of worry. Look for factual information and reliable sources. Keep a log or folder with relevant details.
- **Stay present.** Focus on what is within your control.
- **Make a to-do list.** Determine concrete actions that you can take to improve the situation or prepare for possible outcomes. Completing these tasks may help to alleviate worry.
- **Keep a journal.** Writing about your worries is a good way to sort through feelings of fear or uncertainty. It may also increase your sense of control and decrease stress.
- **Engage in physical activity.** Exercise, yoga, and performing household chores are all good ways to work off worry and tension. Actions that keep your hands busy, such as knitting or playing music, may also be helpful.
- **Talk to supportive people.** When you are worried, it may be helpful to speak with someone who will listen without judgment and offer practical suggestions. Avoid those who are dismissive of your fears or who are prone to making them worse.
- **Focus on the positive.** These may include your own resilience and coping skills, your network of family and friends, and any practical steps you have taken to prepare for the situation.
- **Remember that not everything you think is true.** Worry has a way of making things seem worse than they are and can rob you of joy. Take a step back and consider if your thoughts are facts — or just fears.



LifeMatters offers emotional support and practical resources for managing worry and stress. Call 24/7/365.

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