



Why can't I stop worrying?

Everyone worries sometimes – about bills or relationships or big life changes. Usually, those worries pass. But some people have trouble getting past their fears, and worry just takes over.

For everyday worries, these **3 tips** may help you feel more in control:

1. Put worry in its place.

Set aside some “worry time” each day. When a concern arises, give yourself permission to put it off until then.

2. Take action.

Does your worry involve something you can change? If so, plan a solution – and take a step toward it.



When extreme worries and fears interfere with daily life, it may be due to an anxiety disorder, a condition about 30 percent of Americans experience at some point in their lives.



What are some signs of anxiety disorder?

People experience anxiety disorders in many different ways. Some might be unable to stop worrying or have extreme fears. Others might have social anxiety or panic attacks. Anxiety can affect sleep, too, and may cause headaches, fatigue, pain and sweating.



If you think you might have an anxiety disorder, talk with your doctor. Treatments, such as medication and counseling, may help you find relief.

3. Just breathe.

Close your eyes and focus on taking slow, deep breaths.

HOW WORDS CAN HEAL

When something's troubling you, it can feel good to talk it out with someone who cares. But professional counseling has even more to offer.

With talk therapy, you're learning from someone who's trained to help with mental health conditions like anxiety and depression. And together, you can work on strategies to help you get back on the road to wellness.



What to expect

Look for a trained mental health professional, such as a psychologist or social worker. You'll meet on a regular basis – and decide together what your goals are and how long to continue.

What you talk about will depend on your needs and the type of therapy you receive. But in general, you can expect to share your thoughts, feelings, experiences and problems.

This may help you to:

- > Think about problems in new ways
- > Make positive life changes
- > Cope with anger, anxiety, stress or other emotions
- > Understand past feelings – and how they may affect you today
- > Learn how to make better choices

Getting the most out of it

To get started, your counselor may ask some personal questions. Be honest. Getting to know you better makes it easier to help you.

To help make the most of your sessions:

- > Open up. If it's hard to talk about your feelings, say so.
- > Be a partner. Therapy works better when you and your counselor work together toward your goals.
- > Commit to your journey. Try to attend all of your sessions. And if you're asked to do homework, give it your best.



Fresh air clears the mind.

Check out our article on page 16 about the benefits of outdoor activity.

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