**REASONS NOT TO WORRY**

**By Venetia Moore**

Life naturally presents challenges to us all; whether they may come in our personal or work life, or they may be local or great global concerns, however, we all have a choice as to how we face them.

We can choose to see them as worries, or as concerns. Is there a difference?

Worrying is a fear-based negative response - does it actually solve anything? It can affect our wellbeing to a point where it can create dis-ease, and possibly disease. It can cloud our minds, throw us out of balance, steal our joy, and not do anything positive for anyone, or any situation. We’ve all done it – is it just a habit?

However, if we see something troubling us as a ‘concern’ we are aware that something is not right and we take a decision to keep steady in ourselves and do the best we can by looking for positive ways to help the situation. Then we can accept we’ve done all we can do, keep headspace for any new ideas or resolves to come to us and not allow worry to pull us down.

If it’s not possible or appropriate to do anything about a situation we can still do something positive by sending good, not negative thoughts to whom or what concerns us. The power of our mind with good intention can have such a profound positive impact far greater than we may understand or value.

You may find these quotes helpful:

* **Stop worrying about what can go wrong and start getting excited about what can go right**
* **Worry doesn’t empty the troubles of tomorrow but empties today of its strength**
* **If you think too much, you’ll create a problem that was never there to start with**
* **When you worry you use your imagination to create something you don’t want**

So how can we flip from having a ‘worry’ to a ‘concern?’

Here are some suggestions for keeping us well while going through challenging times:

* **Breathe - take two relaxing breaths each time the worry thoughts come in, this helps to restore balance in our mind, body and emotions and keep us in the all-empowering present.**
* **Be in charge of your mind - watch it doesn’t try to replay worry thoughts and bury them into the body like a self-destructive ‘worrying worm’.**
* **Choose to think practically about what can be done, accept that is all we can do for now, and let go.**
* **Keep our mind open and clear for new ideas, inspirations and resolutions**
* **Trust there will be a way through it.**
* **We need to give ourself self-care during these challenging times to de-stress – find support, eat, sleep, and exercise well.**
* **Allow ourselves to have fun.**
* **Ask inwardly and outwardly for help with intention or prayer.**
* **Send only positive thoughts to the area of concern, this could help work miracles beyond our belief.**

"**We cannot solve our problems with the same thinking we used when we created them**.”

**“We have to learn to think in a new way.”**

*Albert Einstein.*

**Venetia Moore - *Toucan Wholefoods Wellness Clinic Manager & Practitioner***