

10 Self-Care Tips to Help You Break Your Worry Habit

Worrying is the equivalent of scaring yourself over something that may or may not happen. It's the worst way to use your rich imagination! Next time the worry monster threatens to throw you into anxiety overload, consider engaging in one of these calming and enjoyable self-care habits instead.

1. Get that Body Moving

You knew exercise was going to be on this list, didn't you? Rather than save it for last, we're making it Number One because nearly every study under the sun sings the praises of physical activity for coping with and reducing worry and anxiety.

There's another reason exercise tops the list: It's one of the quickest and easiest way to change your state. So, when worry hits, get out of your head and into your body.

Choose an activity that you enjoy ... or that at least you don't hate so you WILL do it! Maybe it's walking or yoga or cardio or weight lifting. Perhaps there's a sport that you enjoy. If you're a social person, you might want to join a Zumba or Tai Chi class. If you're pressed for time, a walk around the block or an exercise DVD might be more convenient for you. You may have to experiment to find the right activities for you, just don't give up. This self-care tip may be the very best advice on this list, so don't ignore it!

2. Focus on Your Breath

There's nothing like slow, deep breathing to move you from the anxious state of worry to the soothing state of calmness. The best part is that you can practice this self-care tip anywhere, anytime. Just 2 to 5 minutes of focused breathing often does the trick.

Here's one breathing technique you might try: Take a long deep breath, breathing in through your nose for a count of five, hold your breath for another count of five, then release the breath through your nose as slowly as you can. Repeat the process at least 5 times.

For more breathing techniques, go to YouTube and search "breathing techniques for anxiety." We found over 4000 results, so there are plenty of great techniques out there that won't cost you a nickel!

3. **Watch a Funny Movie or Show**

Laughter is oh so good for you! It relaxes the whole body, boosts the immune system, triggers the release of endorphins, and improves the function of blood vessels while increasing blood flow, which means it's good for your heart. It's also one of the most potent mood lifters on the planet.

So what tickles your funny bone? Fire up your Netflix or Amazon Prime, or whatever movie or television show viewing device you have ready access to, and search "Comedy." It's not wasting time ... it's a worry buster!

4. **Get Face-to-Face Social**

Facebook? Twitter? Instagram? Sure, they have their place, but they're not all that effective for shutting down worry. You gotta do it the old fashioned way – face to face (okay, we'd accept a live phone call or Skype, too, but face-to-face is best!).

A word of caution: For good self-care, take great care about the people you decide to spend time with. Choose people who lift you up and encourage you, not folks who'll wallow in worry along with you.

5. **Let Your Inner Child Out to Play**

What activities did you enjoy when you were a child? Coloring? Singing? Flying kites? It's time to get reacquainted with the child who once reveled in the whimsical.

Do whatever brings you joy. Visit a zoo. Go to a park. Walk through a museum with the wide-eyed wonder of a youngster. Paint. Draw. Skip. Make up a song. Play a game.

Worriers are good at using their imaginations, but usually don't do it in a way that's motivating and fun. Break that habit – take on the imagination of a child and go out and play!

6. Count Your Blessings

When you're worrying, you're thinking of bad things that might happen ... emphasis on MIGHT happen. They're just thoughts. The mistake worriers make is believing that they have no choice but to allow those thoughts to hang around. Nothing could be further from the truth!

You have the power to choose one thought over another. When worrisome thoughts enter, kick 'em out the door immediately and replace them with thoughts of gratitude. When you count up all that is wonderful in your life, you'll find things are going much, much, much better than the worrier within would have you believe.

7. Meditate

Spend an hour meditating in the morning and another hour in the evening. Keep your mind completely free of all thoughts throughout each hour of meditation.

What? Get real, right?

Many people avoid meditation because they think it'll take too long. Others worry that it's impossible to completely calm their incessantly chattering mind. My advice: Don't give up on meditation ... you can do it and it will help! (And for goodness sake, don't WORRY about whether you're doing it right! I'm suggesting this self-care technique as a means to reduce worry, not increase it!)

Meditation is a powerful way to tap into an inner calm that most worriers experience far too infrequently. You can benefit from meditation even if you only have a few minutes available in your day. As for the "perfectly silenced mind" – forget about it! It's not about perfection, it's about taking time to enter stillness.

If you're new to meditation, you might want to explore various methods available. Here are a just a few of the many places online that offer free meditations: [Meditation Oasis](#), [The Free Mindfulness Project](#), [Audio Dharma](#), [The Fragrant Heart](#).

8. Do Something Good for Someone Else

The great irony of this self-care tip is that you're doing something for others, yet it is a powerful form of SELF-care. When you focus on blessing others, even in small ways, you're not focused on your own worries. In fact, you may find that what you're worried about is pretty darn insignificant when compared to the real-world challenges others are up against. Helping others always offers a fresh perspective on how good we really have it.

As an added bonus, the feeling that comes from knowing you've made someone's life a little bit better is flat-out wonderful.

9. Cozy Up with a Book that Makes You Happy

When was the last time you read a good book? Reading is not just a low-cost way to escape from your worries, reading can actually shift your perspective and your mood. So next time you're weighed down by worry, why not give reading a chance. Just make sure that you select a book that'll help you access your happy place within ... no downer material allowed!

10. Spend Some Time in Nature

I saved the best for last, because this is my VERY favorite. There's nothing like nature to lift you up. It doesn't matter where you live or what the landscape has in store for you, there's always a treasure to be found outdoors.

To make this method of self-care super-beneficial for you, it's important that you leave your worries and cares back home or at the office. When you're spending time in nature, make a solemn commitment to staying present to observe and feel the wonders all around you.

If you think of yourself as a "worrier," please don't ignore the miraculous, life-enriching practice of spending time outside. The power of nature to heal your troubled mind is simply priceless.

The 10 Self-Care Tips to Help You Break Your Worry Habit was written by J. Marie Novak, Founder of BelieveAndCreate.com. If you found this information helpful and would like to see more, be sure to visit the [website](http://BelieveAndCreate.com) and read the blog. While you're there, sign up for our free newsletter. Also, for daily inspiration and motivation, join the more than 174,000 people already in the [Believe And Create Community on Facebook](https://www.facebook.com/BelieveAndCreateCommunity).