



*a monthly newsletter from
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helping people create happier, more passionate lives!*

Letting Go of Worry

Worry is like a rocking chair. It gives you something to do, but it gets you nowhere. – Proverb

All the great minds figured it out long ago. My less-than-great mind is still working on it. I've found myself worrying lately. In my rational mind, I know it's pointless and useless and not beneficial to my wellness. I know it doesn't resolve anything. I know it doesn't create answers. My rational mind is well aware of worry's negative effects.

My rational mind isn't always in control, however.

It's my other mind that worries. My irrational mind chews on a thought, rolls it around, frets about it overnight, chews on it some more, considers all possible, horrific outcomes, stews, agonizes and fusses until I make myself physically ill. That's my wild mind at work.

I know it doesn't do any good. Yet, there I am. Worrying anyway.

It can be small things, like, "Did I remember to pick up the shoes my dog likes to chew on?" It can be personally big things, like, "What are we going to do if my father isn't able to care for himself?" Or, sometimes I like to worry about big issues, like "What's it going to be like if there's not enough water in our drought-plagued state?"

It's not that these aren't important questions to think about. It's the worry part that's unproductive. The truth is, I did or I didn't pick up the shoes. Dad will need help or he won't. I can conserve water as much as possible, but I can't control the state. We'll have water or we won't. Worrying has no impact on these outcomes.

But, worry does have an impact on me.

When we worry, we aren't imagining things turning out well, are we? I'm seeing the chewed up shoes. I'm imagining dad struggling with everyday tasks. I am seeing a future of brown lawns and 6-dollar lettuce. I'm visualizing the exact opposite outcomes to what I desire.

Worry is using your imagination to create exactly the thing you do not want. – Abraham-Hicks

So, let's just make a decision that when the worry creeps in, we'll recognize its futility and send it away. We'll be aware of worry's destructive nature and make a decision that we're going to choose another direction.

PLAYTIME

First, notice when you worry. Notice what thoughts keep you up at night. Pay attention to the pictures in your mind that take your focus away from the present and send you to an imagined future. Be aware of the thoughts that make your breathing shallow, your stomach tight or your jaw clench.

What is the theme of your worry? Is there some thought or concern that is causing your heightened concerns right now?

Now, take a moment to close your eyes and imagine the best possible outcome for the theme of your concern. Visualize the circumstance unfolding in the most ideal way. See your situation resolving to perfection.

Allow the mental image to bring a smile to your face. Breathe in the scene. See it. Feel it. Let your mind really create the best conclusion for your imagined problem.

Doesn't that feel better? And, who knows in the process of visualizing the outcome the way you want it, rather than worrying about the way it could be, you might just come up with helpful ideas and strategies. At the very least, you'll feel better.

Now, that's how our imaginations SHOULD be used!