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## 5 tips to help you

# STRESS LESS

STATISTICS SHOW THAT 90%  
OF OUR WORRIES NEVER HAPPEN

We can literally worry ourselves sick. When our concerns become constant worry they can lead to anxiety, depression and a source of incredible stress in our lives.

**Learn to let go of what worries you...** Awareness is the single and most important cure to stopping a self-destructive worry habit and to begin reducing stress in your daily life.

## Stop Worrying with These 5 Tips

**1. Discover Your Joy:**

Find three things you love and commit to doing them. Filling your life with things you love helps increase happiness, reducing stress and worry.

**2. Write Down Worries:**

Look at the worst and best case scenarios to any problem so you can face the reality of your situation and deal with it.

**3. See Your Solutions:**

Create a plan for each worry. Realize you have the ability to turn obstacles into opportunities for happiness.

**4. Listen To Yourself Clearly:**

What you are thinking and saying? If it's negative, stop yourself, and repeat a positive affirmation, such as "I am strong" or "all is well."

**5. Be Aware of Blessings:**

When you begin to worry, stop and smile and be aware of the blessings in your life, like a friend, a pet, a job or your health.

*Feel free to print this page and put it some place where you will see it daily!*

*Please share it with your friends and family so they can have a copy of it too!*