

GET OVER IT!

Learn How To Stop Worrying and Start Living



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Introduction

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“Get Over It!: How to Stop Worrying” is a guide to help chronic worriers -- or those who let worry get the best of them at times – overcome the self-doubt and anxiety that worry always causes.

You have to know exactly what worry is and where its roots are located in your particular worry patterns. Within this guide, you’ll learn how to know if you’re a chronic worrier by answering a few simple questions -- and how worrying might be affecting your mental and physical health.

Worry is a form of stress and can lead to GAD (Generalized Anxiety Disorder). An excess of stress hormones when you develop GAD may circulate in your bloodstream and cause a downturn in physical health.

Health problems that you may develop from excessive worrying include muscle tension, aches and pains (including headaches), loss of libido and depression – plus other maladies, which may affect your health long-term.

Your immune system may also suffer and cause you to be more prone to infection. Women seem to worry more than men, and that may be part of the reason that women are more prone to depression.

You may think there’s no way around worry and that it’s impossible to stop, but there are ways to alleviate worry and live a life that will keep you happy, healthy and (almost) worry-free.

Knowing how worry can affect your health and identifying the worry symptoms are big factors in the next step of conquering worry – analyzing the worry so you can reach the best solution for you.

The facts about worry will point you in the direction you should take to eliminate worry from your life forever. A worry journal in which you write down your worries, the times the anxiety began and your thoughts at the time will help you find a solution to the problems that may have haunted you since childhood. Reducing the symptoms of your worry problems is the ultimate goal of this guide. There are several useful techniques you can use to calm your fears and stop worrying before the anxiety sets in.

Criticism is always difficult to face and deal with – especially when it comes from those we love or admire. In this guide, you'll learn how to deal with the worst of criticism and even use it to learn and become a better and more successful person.

When you're able to get worry under control, you'll have a new lease on life. Worry is like shackles which keep you chained to a life of uncertainty and doubt. Breaking free of those shackles may open doors that you never expected and your mind will be much freer to concentrate on those issues which matter most.

At the end of each chapter in "Get Over It!: How to Stop Worrying," you'll find a helpful list of the main points of each chapter. You can revisit these points of interest and refresh your memory without having to reread the entire guide. Make a resolution to stop the worry patterns in your life and begin to live "worry free."

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Chapter 1: What is Worry?

Worry is constantly thinking about something troublesome or bothersome. When worry is taken to extreme, you become non-productive and highly stressed.

Sometimes worry can cause such distress that you're paralyzed to do anything about it.

For example, if you're worried about a deadline on a business project you must complete and the date looms nearer and nearer, you may get extremely stressed about the outcome – especially if you've done nothing to bring the project nearer to completion.

You may experience a sort of “paralyzed” state where you're constantly thinking about the project, but are helpless to resolve it. As the stress continues to grow, you may become physically distressed and develop many problems associated with stress.

Sometimes worry can actually encourage you to complete a goal or task or change a bad situation. If you're worried about recent medical tests that showed you need to lose weight or suffer serious physical consequences, you might plan an exercise and regimen.

If you do nothing about the worry you're experiencing, worry can begin to take its toll in many ways. You may suffer physical aches and pains and your mind may be so focused on the worrying that you can't concentrate on how to solve the problem.

People who constantly worry about situations – real or not – are sometimes called, “worrywarts.” Webster's Dictionary defines worrywart as, “a person who tends to dwell unduly on difficult or troubles.”

You may be a worrywart if you can answer “Yes” to most of the questions below:

- Can you see a difference in the things you worry about than what most people worry about?
- Do you often find yourself mired in a situation that you can't find a way out of?
- Do you worry so much that you find it difficult to relax?
- When things are going well for you, do you find yourself looking for something to worry about?
- Do you worry almost constantly about a catastrophic event happening?
- Does worrying cause distress in your everyday life?
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It's normal to be worried sometimes, but most people can shake the worry and enjoy life. Others find it so difficult to quit worrying that it begins to affect every area of life – job, relationships, physical and mental well-being and more.

How Worry Can Negatively Affect Your Life

If you've determined you're a worrywart because worry is interfering with your life, you should know the ways that worry can negatively affect your life and cause problems far worse than mental anguish.

When you worry to the extent that it interferes with your daily life and the worry becomes exaggerated or unfounded, you may be suffering from GAD (Generalized Anxiety Disorder).

GAD is usually an ongoing, rather than a temporary type of tension that occurs when you worry excessively and suffer more anxiety than most people. You may be worrying about health, relationships, work, money or a number of other matters – even if there are no reasons to worry.

Most people with GAD know that what they're experiencing in the way of anxiety is much worse than the situation calls for. You can't seem to shake off the feeling of impending doom.

If you're suffering from GAD, you may suffer from sleep disorder, anxiety attacks and have trouble socializing. Physical symptoms might include headaches, tense muscles that lead to pain, shaking or twitching or excessive sweating.

You may have shown symptoms of GAD during childhood or adolescence, but it can occur at any time during adulthood – often triggered by a traumatic or stressful situation. It often comes on gradually and affects more women than men.

Worry can affect both mind and body in the following negative ways:

- **Circulate more stress hormones in the bloodstream** – When stress hormones circulate in your body for a long period of time, a toxic effect occurs. The stress on the glands, heart and nervous system may lead to such health problems as ulcers in the stomach, stroke and heart attack.
- **Cause muscle tension which can lead to aches and pains** -- When you're anxious or worried, your body tenses in response (similar to the "fight or flight" feelings). This tension can weaken your legs, causing shaking sensations, cause back pain and headaches. You might also suffer from diarrhea or constipation from the muscle tension.
- **Disturbs focus on any task at hand** – Worry about a deadline makes it very difficult for you to concentrate on the project and get it done. Your peace of mind is shattered and the negative thoughts permeate your brain and shut it down except for the worrying thoughts.
- **May lead to depression** – Letting worry take the forefront of running your life may lead to depression that's difficult to shake. You could even become paranoid about other people in your life and feel sorry for yourself most of the time.
- **Changes or loss of libido** – When you worry, it's difficult to let your mind and body relax enough to have enjoyable sex. Your health may also suffer and be a deterrent to fulfilling sex.
- **Your immune system may suffer** – Your immune system is important to fight infections and diseases. Science has proven that anxiety and stress

lowers the effectiveness of your immune system – two side effects of excessive worry.

- **Unable to absorb vitamins and nutrients** -- When you worry, you're likely to become neglectful of diet and exercise. This can speed the aging process in your body because you become dehydrated and your muscles and brain aren't receiving what they need to work properly.
- **Insomnia may affect your health** – Lack of sleep is one of the most serious side effects of worry. Insomnia leads to even more worry about not getting enough sleep – and on it goes, becoming a vicious and unhealthy cycle.

You may think there's no way around worry and that it's impossible to stop, but there are ways to alleviate worry and live a life that will keep you happy, healthy and (almost) worry-free.

Chapter 2: Analyze Your Worry will help you discover what's causing your inability to deal with worry on a daily basis and help you find solutions to those obstacles.

Main Points of Chapter 1: What is Worry?

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Worry is a natural response to some situations in your life. Everyone responds to worry differently – some can shake it off and get on with business and others find it more difficult to let go. Here are some of the main facts you should know about “worry” and how it can affect your life:

- Worry can either “paralyze” you or spur you on to complete your goals.
- Your answers to the questions in Chapter 1: What is Worry? Can help you determine if you’re a “worrywart.”
- A couple of ways to know you worry too much is if you’re constantly worried about a catastrophic event – and if you notice that you worry much more excessively than most people.
- GAD (Generalized Anxiety Disorder) is a disorder which occurs when you worry on a constant basis. People with GAD can develop physical and mental problems.
- Excessive worrying causes more stress hormones in the bloodstream which can lead to ulcers, stroke and a number of other stress-related problems.
- Worry may bring on serious depression side effects, aches and pains and chronic fatigue.
- Your ability to concentrate on a project or task may be severely hampered by worry and your job and relationships may suffer as a consequence.

Worry can make it difficult and nearly impossible for you to live life to the top of your potential. Unless you take steps to alleviate the constant and complicated worry in your life, you may suffer many physical and mental disabilities that keep you from living a healthy lifestyle.

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