

5 ways to

# Stop Worrying and Start Living



Is anxiety eating away at your wellbeing?  
These tips will help you break free.

## RECLAIM YOUR PEACE

Figure out what brings you a sense of tranquillity and make it a priority to clear the clutter of worry from your mind.

**We lose peace by juggling too many personas. True integrity comes from being the same person all the time.**

## GET YOUR HEAD IN THE GAME

Worrying doesn't have to be part of you. Seize control of your negative thoughts before they drag you down.

**You can't stop birds from flying, but you can keep them from nesting on your head.**

## SURROUND YOURSELF WITH THE RIGHT VOICES

Social media can flood us with negativity, keeping us in a constant state of fear. Limit your exposure and be mindful of the content you absorb.

**You catch what you are close to. Avoid toxic messaging and people; look for positive influences instead.**

## BREAK THE WORRY LOOP

Worry often becomes a habitual mental cycle. We default to worst-case scenarios and get trapped in an endless cycle of anxiety.

**Stop playing movies in your head. Switch your focus to the problems you can solve.**

## KEEP CALM AND CARRY ON

This British slogan inspired resilience during WWII and today it emphasises the power of 'being chill'.

**Calmness helps us draw on inner strength to manage what we can and let go of what we can't.**

