

Keep worries away

Once you know how to get rid of worries you should learn how to keep them away. It's hard to fight worries when your are hungry, tired or sick.

Be active and use your muscles every day, eat healthy, sleep well, talk to friends and look after your mind too.

Write down things you are good at and all the things and people you are grateful for. All this good stuff makes you stronger and ready to fight worries.

Keep worries away - gratitude journal

If you are a worrying person it is a good idea to start a gratitude journal. Every day write down at least 3 things you are grateful for. Things that give you strength to fight worries. Write also worries from that day and use logic against the worries. If you can't do it and your worries don't make sense, put them into a WORRY JAR. Write also 3 things you want to change.

