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The Worrywart's Companion: Twenty-One Ways to Soothe Yourself and Worry Smart

Beverly A. Potter Ph.D.

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The Worrywart's Companion: Twenty-One Ways to Soothe Yourself and Worry Smart Beverly A. Potter Ph.D.
Worrywarts are characterized by chronic anxiety, enslavement to out-of-control thoughts, and haranguing themselves to a degree that triggers FUD — fear, uncertainty, and doubt. Smart worriers take control of their worry by creating a time and place to do the work of worry, objectively studying their behavior to better understand how to worry effectively, and practicing flexible thinking rather than rut thinking. Smart worriers look for solutions, including partial solutions, and accept what can't be changed, challenge their worries, practice making under-reactive statements that defuse anxiety rather than fuel it. *The Worrywart's Companion* offers a smorgasbord of tools to help readers become smart worriers, including deep breathing and muscles relaxing exercises, practicing deliberate belly laughing, saying a prayer, doing a good deed, taking a walk, rocking oneself, counting details to keep one's mind off of the worry, and more. When smart worriers finish the work of worry, they purposefully soothe themselves so that they can move on to other activities. *The Worrywart's Companion* helps disquieted readers integrate soothing activities into their daily lives to keep worry-provoking anxiety in check.

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