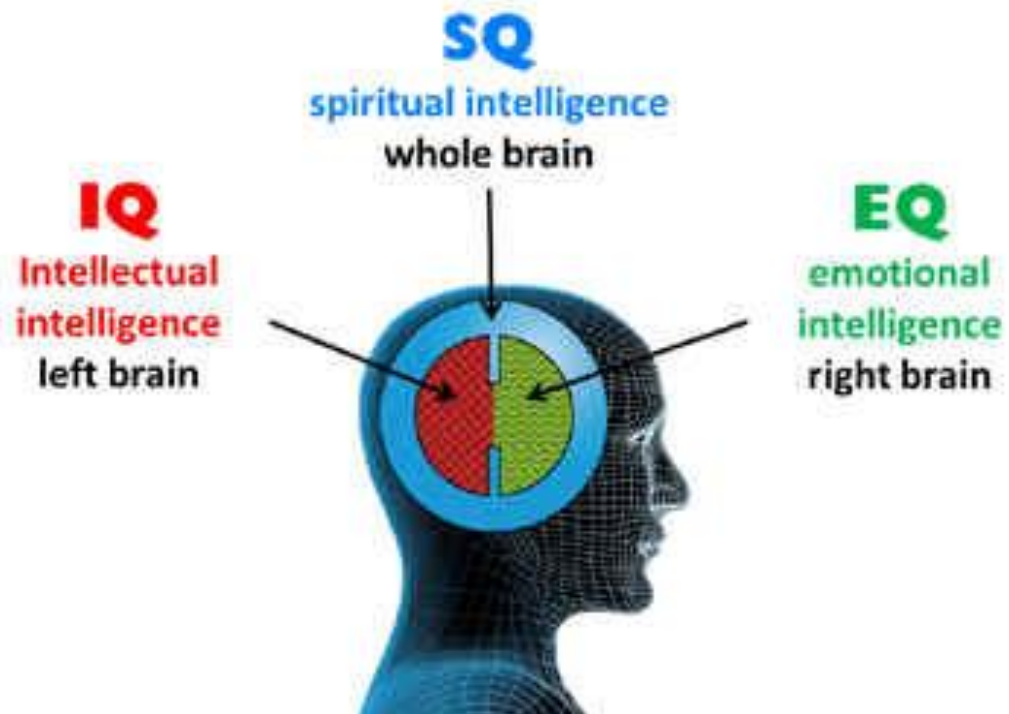


"Educating the mind without  
educating the heart is no  
education at all."

Aristotle





# Why Worry?



# Fight or Flight



# What worries you?



# How do you respond to worry?

1. Ignore it!



2. Panic!



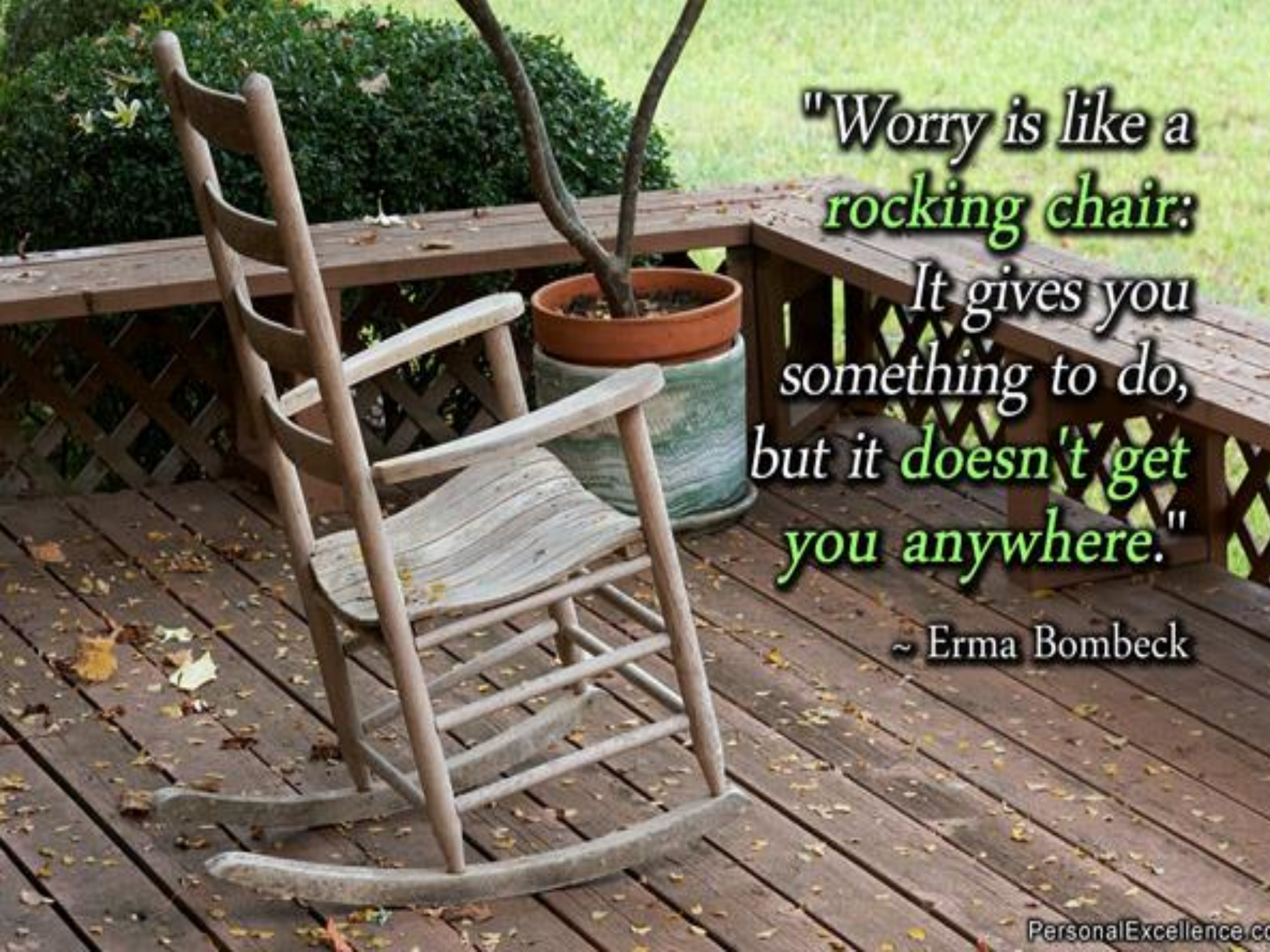
3. Hide your feelings



4. Not a problem





A wooden rocking chair sits on a wooden deck. In the background, there is a potted tree and a wooden railing. The scene is outdoors with greenery visible.

"Worry is like a  
rocking chair:

It gives you  
something to do,  
but it **doesn't get  
you anywhere.**"

~ Erma Bombeck



worrying won't stop  
the bad stuff from happening  
it just stops you  
from enjoying the good.



[Facebook.com/Happysmiles](https://www.facebook.com/Happysmiles)



# The Worry Chart

**40%** of all things we worry about **never happen**

**30%** have **already happened** and we can't do anything about them

**12%** needless worries about health

**10%** petty miscellaneous issues

**8%** real worries  $\frac{1}{2}$  **we can do little about**, the other  $\frac{1}{2}$  **we can**

*I have spent most of my  
life  
worrying about things  
that  
have never happened*

Mark Twain

[ShareVennet.com](http://ShareVennet.com)



# How to Manage Worry

(Increase your Emotional Intelligence)

## 1. Self Aware

Recognise your emotions and what your body is telling you

Take control... **'Thinking Slot'**

## 2. Think Positive

**I can handle it!**

Will you still worry about this in the future?

## 3. Talk

**Talk** through your worries with someone you can trust



Worry is a  
misuse of  
imagination.

~Dan Zadra