



FIND PEACE AND SERENITY

10 WAYS TO MANAGE AND
LET YOUR WORRIES GO
LOWER YOUR STRESS
BUILD INNERCONFIDENCE

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Stress, Worry, and Your Inner Peace

- ✓ Worry is a major cause of Stress for many. Fear affects inner peace and serenity since it causes anxiety.
- ✓ Worry does not make you feel better, just the opposite and fear does nothing to help the situation directly, often it only makes things worse.
- ✓ On the practical side, worry lets you know that you need to do something. But when we mull it over, all it does is cause anxiety and stress and can cripple us from taking action. It is a vicious cycle; the more we worry, the more we feel inner turmoil and fear, and the more stressed we become, the more we suffer.
- ✓ Then there is a worry that is entirely non-sensical, the worry over things we have no control over. For example, traffic, traffic is something we cannot control, so worrying about it and letting it make you anxious and stressed out only harms you, it does nothing to change the situation.
- ✓ Take worry for what it is, a signal that something needs to change. Don't wallow in the emotion. Use the activities below to stop fear from infecting your inner peace and serenity.

10 Unique Rituals To Manage and Let Your Worries Go

Laugh

Laughter is very therapeutic. Many studies have shown laughter to help boost overall wellbeing and reduce Stress.

Tips To Laugh More

- ✓ Watch a comedy movie
- ✓ Watch funny YouTube videos
- ✓ Go to a live comedy show
- ✓ Get a joke of the day calendar
- ✓ Search for funny quotes
- ✓ Spend time with entertaining friends and relatives
- ✓ Laughter is on social media, and many people post funny memes and images.

Socialize

Spending time with friends and family where we enjoy good times is therapeutic and takes your mind off your worries. It alleviates Stress to bring more inner peace and serenity to your life. Social circles are also support systems that allow you connections with whom you can discuss your worries and find solutions and comfort and support.

- ✓ Call a friend to discuss your troubles
- ✓ Spend social time with friends to just laugh, enjoy their company, and take your mind off your problems.
- ✓ Call friends or family over for dinner or go out somewhere. Create a regular game night. The possibilities are endless.

Throw Out Your Worries

- ✓ Rituals are powerful; they engage our minds to convince and can be used to rid ourselves of worry.
- ✓ Write down all the things you worry about, then throw away the paper, do this daily or every other day based on your particular needs.

Send Your Worries Out to The Universe

- ✓ Buy a helium balloon, or two and write all your worries on it and then go outside and let it go. Let all your problems go as the balloon floats up into the air.

Gratitude List

Gratitude is the opposite of worry. Worry is when we focus on something missing or lacking. We can use the power of gratitude to shift our mindset to all we do have, and it creates comfort and inner peace and serenity.

- ✓ When you feel worried, and your Stress is at its peak, write a gratitude list, keep it handy and look it over often. Write new ones daily if your worries are plaguing you.

Reassess To-Do Lists

Often worry comes when we are overwhelmed or too busy. The two go hand in hand as we run around like chickens with our heads cut off.

- ✓ Reassess your to-do lists. Prioritize as needed.
- ✓ Remove things that you can.
- ✓ Ask for help. Delegate to others whenever possible. The goal is to ease your schedule as much as possible.

Limit Worry Time

Worry is like an avalanche; it can take over our minds and steamroll us right into a state of control and anxiety. You need to get it out of your head.

- ✓ Commit to yourself to limit your worry time to 15 minutes a day, period. Then do not allow your thoughts to go back to those worries anymore that day. It will be difficult, but with practice, you can do it.

Remove Worry Triggers

It is essential to remove sources that remind you of or propagate your worries and Stress.

Since many are now working at home, this is plenty of time that worry and anxiety can be all-consuming. Also, it is agitated by the daily news cycle.

Limit how much news you watch to allow your mind a break from it. Instead, do something fun, creative, and pleasant. Get the facts that you need, but do not

submerge yourself in all the bad news going on around the world. When you limit access to the story, you will find more peace and serenity.

Distract Yourself

All of us have things we love to do. So much that we can lose hours in the activity, consider what those activities are for you and use them to distract yourself from the worries in your life. Anything that gets you out of your head and immerses you in another activity will work.

Examples include:

- ✓ Puzzles
- ✓ Housework
- ✓ Reorganizing a closet
- ✓ Building models or woodwork
- ✓ Writing
- ✓ Painting
- ✓ Reading
- ✓ Meditate
- ✓ Dancing
- ✓ Listening to music
- ✓ Play with your pets
- ✓ Play with kids
- ✓ Writing poetry
- ✓ Anything you like to do

About



I am Shirley Noah and I am passionate about helping you to become more knowledgeable about simple natural healthy habits that YOU can implement in Your life! I love to share my insights, empower women and their families to feel and live their best life through plant-based, wholefood nutrition, essential oils, healing herbs, simple to follow habits and remedies to reduce STRESS.

This checklist gives you an easy way to remember the most important things are to worry less and live a "stress-free" life.

- Shirley

For other sources for relieving stress and finding inner peace and calm.

Don't Panic: Find Inner Peace and Calm <https://innerpeacecalm.com/>

How to Outsmart Your Stress <https://anxietystressreduction.com/>

How to Eat to Relieve Stress <https://howtoeatto relievestress.com/>

Website: <https://ingoodhealthcoach.com/>

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