miMind

- How to stop worrying
  - Why do you worry?
    - Uncertainty about future
    - Habit of negative thinking
    - Fear
    - Low self-esteem
  - Magic Formula - 3 steps to overcome worry
    - 1. Ask yourself - what is the worst that can happen with me if I don't solve problems?
    - 2. Mentally accept the worst case and prepare yourself for it.
    - 3. Now make plan and work to improve the worst case.
  - Understand facts
    - Worry is just an expression, it is not a solution
    - Worry causes many serious disease
    - People will critize you and laugh at you whatever you do.
    - No one is perfect.
Be yourself and don't copy others.
    - Small mistakes doesn't affect in long term
    - Our most of worries don't exist in real life
    - Preparation is what matters the most
  - What we do to improve
    - Develop positive attitude
    - Keep ourself busy in work
      - #my
Keep yourself extremely busy in reading motivational & self help books
    - Practice Gratitude daily many times
    - Make a todo list and
Do things based on their importance
    - Focus on present
Learn to live in present
    - Don't think about others
  - Understand worry
    - 1. Write specifically - what is the problem?
What is the worry?
    - 2. Write - what is the cause of problem?
    - 3. Brainstorm possible solutions
    - 4. Choose one of solutions to try