

MINDFULNESS: THE KEY TO MANAGING WORRY, FEAR AND ANXIETY

Fear and **worry** are natural reactions to events that are beyond your control, i.e. News of crime, disaster, war, death.

Fear can be intensified by the fears and worries of others — contagious.

Worry is often associated with future events: “What if?”

Other emotions such as anger, guilt, sadness are often linked to past events or losses.

The following are tips to manage these emotions:

- **“Mindfulness”** includes the technique of keeping your attention in the present moment.
Mindfulness comes from an Eastern philosophy: Acceptance of “what is.”
- **“Acceptance”** creates choice: Respond vs. react.
- Focus on what is happening right now.
- Tune into your thoughts, feelings, physical sensations – become an “observer” of yourself.
- Focus on breathing as a way to direct your attention away from worry.