

Worry doesn't take away tomorrow's troubles, it takes away today's peace

Do you find yourself thinking repeatedly, “What if...?”

Are you worrying about anticipated problems and things going awry?

By CMSgt Michelle Marrero

Worry ultimately gives way to anxiety or unease. It allows one's mind to dwell on difficulty or troubles that have yet to occur, causing stress on the mind and the body. If you are constantly under stress, you can have physical symptoms such as headaches, an upset stomach, high blood pressure, chest pain, or sleep problems.

Managing your anxiety:

- Take a deep breath
- Focus on meaningful activities
- Surround yourself with positive people
- Focus on the right now
- Use positive self-talk
- Start a gratitude journal
- Make time for your hobbies or interests
- Eat well-balance meals
- Get plenty of sleep
- Exercise regularly; even taking a quick walk can help clear your mind
- Avoid or limit caffeine
- Take time to notice what is working well in your life



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Alternate Nostril Breathing:

Breathing exercises can calm the mind and the body. The benefit of alternate nostril breathing is that it aligns the right and left hemispheres of the brain. This style of breathing may help to reduce anxiety and allow you to be more mindful of the present moment.

To begin, find a comfortable seat.

Hover your right hand over your nose with your thumb near the right nostril and your ring finger near the left.

Begin by closing off the right nostril and breathing in through the left

Cover the left nostril breath out through the right

In through the right

Out through the left

This is one round

Complete 5-9 rounds.

For a recorded example: <https://youtu.be/6JqgvnCiNcE>