**Exercise 1:**

If you want to stop worrying, then you need to stop thinking so much. Thinking is a good thing of course but when you focus a lot of time over analyzing things, it can cause a lot of stress. Sometimes worrying is a good thing because it’s your mind’s way of acknowledging the importance of the situation. However, many times we worry excessively for invalid reasons. This article will give you a couple of different ways to help you to worry a little bit less.

**Exercise 2:**

When we worry, what we are actually doing is projecting our mind out into the future. We picture negative images. We think about the worse possible. Students may spend a lot of time worrying about how they did on the test they just took. The person who is running late and is stuck in traffic is worried about what people will think of him when he shows up to the meeting late.

**Exercise 3:**

So how do you just stop worrying about everything? Here’s a simple rule. If you can’t do anything to improve the situation at the moment, let it go. Stop worrying so much about things that you have no control over. The student who is worried about what score he got is just wasting his time because what’s done is done. Whether he spends his time worrying or having fun, it’s not going to change the outcome.