

# SB WELLNESS GROUP

Monthly Newsletter | April 2024

SBwellness



MONTHLY  
MOTIVATION TO A  
HEALTHY LIFESTYLE



Wisdom Over Worry  
Trusting in Yourself With Confidence  
Journal Exercise to Overcome Worrying  
Steps to Change Negative Thinking

# WISDOM OVER WORRY

## What Needs to Go:

- **Too much worrying:** Worrying a little is a normal and healthy part of life, but when it becomes persistent it can turn into ongoing anxiety.
- **All or nothing thinking:** This is an unhealthy thinking behavior that refers to thinking in extremes (it's perfection or failure.)
- **Focusing on the negative:** If you have trained your mind to first focus on the negative, you fog up your ability to see positives.
- **Self-criticism:** Constantly berating or blaming yourself leads to greater worry and anxiety over time.



## WHAT YOU SHOULD MAKE SPACE FOR IN YOUR LIFE:

### Challenge Your Thinking

Take a moment to stop your train of thought and honestly question it.

### Find Positives, Reality

Are my worries actually true. Use your wisdom to find what is real and positive in that moment.

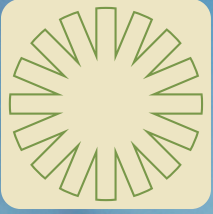
### Let Things Be More

If you cannot control a situation, you must learn to let it be and not continue to give it power over you.

### Exercise, Mindfulness, and Meditation

Give yourself a timeout from worry. Interrupt your thoughts and lower your stress with nourishing habits.





# Journal Exercise

**W**orrying too much is blocking your capacity to enjoy life's happy and

positive moments. Pausing and reframing your thought process can lead to healthier and more realistic approach to challenges and situations. It can be as simple as asking one or more of the following questions. Try journaling these at the time of day you tend to worry the most:

**When something becomes a constant worry or anxious thought, ask yourself:**

1. What's the evidence that the thought is true? That it's not true?
2. Is there a more positive, realistic way of looking at the situation?
3. Is the thought helpful? How will worrying about it help me and how will it hurt me?
4. Can I do something about the problem or prepare for it, or is it out of my control?
5. What would I say to a friend who had this worry?



**Worry often gives a small thing a big shadow.**

WISDOM OVER WORRY

# TRUSTING IN YOURSELF WITH CONFIDENCE

In a world where worry often takes center stage, it is easy to lose sight of your own intuition and wisdom. Your inner compass becomes clouded with worries about the future, regrets about the past, and second guessing your decisions. Worrying too much can hold you captive and leave little room for rational thinking and peace of mind. When you allow this to become a pattern, the constant worrying takes a serious toll on self-confidence and can lead to on-going anxiety.

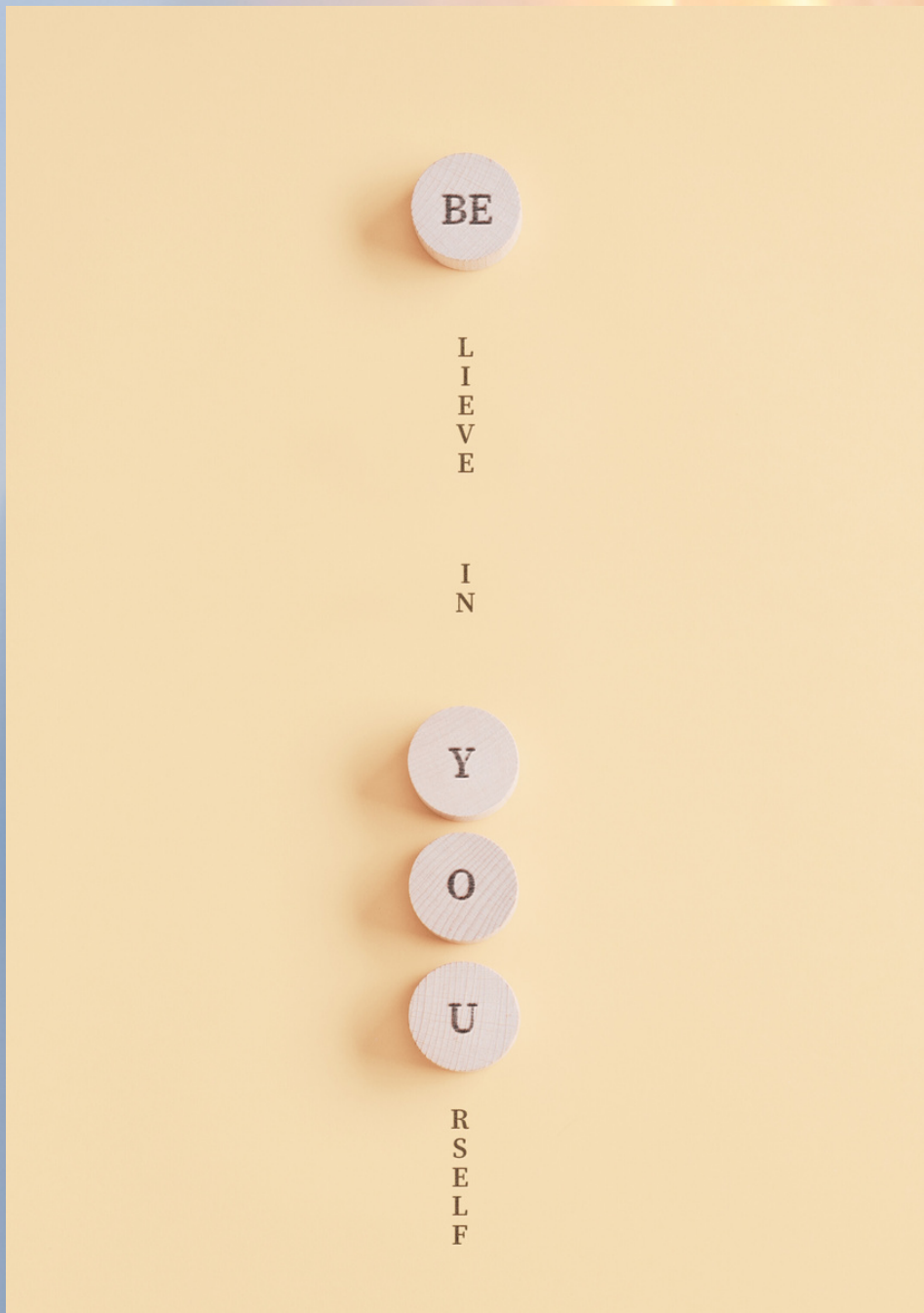


Learn to better trust yourself and recognize that your own intuition, wisdom, and capabilities can be valuable guides in life. When you let go of worry and gain better self-trust you allow present living and positive light in your thoughts.

The journey from worry to wisdom is a transformative one, marked by self-discovery and growth. It requires courage to confront your fears and uncertainties, and humility to accept what you cannot control. Get more in the [FULL ARTICLE](#).

**Worrying is a cycle of inefficient thoughts whirling around a center of fear. –Corrie Ten Boom**





“Commit to listening to your own wisdom and intuition.” - Rha Goddess

# SBwellness

Your Partner in Health!

SB Wellness Group, Inc.  
[info@sbwellness.com](mailto:info@sbwellness.com)  
[www.SBWellness.com](http://www.SBWellness.com)



Follow us for more tips and resources:



## POSITIVE THINKING

