

# Pondering Point

Why do we spend so much time worrying about what we have no control over? In some ways, we all are guilty of this. We watch the news on TV and worry about our economy, we rage on about what other people in traffic are thinking and let's not forget about the mysteries that may torment or terrify us about what our futures hold. Worry is everywhere and if we're not careful, it can depress us and freeze us up completely. **Think of worrying like a highway.** The more we stress, the more lanes we add to this already congested nightmare. If we can figure out how to put aside these worries, it can be like building off-ramps to a "mental rest area". If we play our cards right, we may never have to get on that nasty worry highway again.

Of the things we worry about only 20% or so ever actually happen, and of those a good deal of them we have no control over. That's why worrying is a waste of brainpower. What we focus on the most is where most of our energy goes. For most of us, energy is a precious commodity. Is this where we choose to spend it? **Unbundling it and picking out what we actually do have control over can help us to feel more productive and help to pass the time.**

## To Worry or Not to Worry... what was the question?!



**Imagine... more time to enjoy today by not having to worry so much about tomorrow or what we cannot control.**

### — From Pondering to Practice —

#### Activity

Are we letting others help us with this burden and add some perspective? Next time we find ourselves drowning in worry...

#### **Try This → Diffuse and Delegate Worry**

- As a group unbundle the issue and
- Discuss with the group the details of the concern.
- Decide as a group who can take pieces of it in efforts to diffuse the worry.
- Discussed how this would have played out had only one person dealt with the whole issue.
- As a group, celebrate the teamwork involved to help one person get off and stay off the worry highway!

***When you worry you pay dividends to a disaster that has not happened yet.***

- Unknown

#### Self Reflection Activity

It is estimated that 92% of the average person's worries take up valuable time and are unnecessary. In short, we waste so much time worrying about things we cannot do anything about.

- *How much time do you waste and what can you do with this left over time?*
  - *How about an extra 30 minutes with your family?*
  - *Or more time to get a full night's sleep, for a change?*
- *What impact could 30 more minutes have on your day?*



***Worrying is like a rocking chair, it gives you something to do, but it doesn't get you anywhere.***

- Unknown