

ARISE BRAIN FOOD PEACEFUL LIVING

TABLE OF CONTENTS

Tips for Teaching ARISE Life Management Skills.....	2
50 Tips for Controlling Worry.....	5
50 Tips for Conquering Fear.....	15
50 Tips for Controlling Stress.....	25
50 Tips for Forgiving.....	35
50 Tips for Avoiding Guilt.....	45
50 Tips for Fair Play and Values.....	55
50 More Tips for Fair Play and Values.....	65
Answer Key.....	75
ARISE Motivational Posters.....	76

50 TIPS FOR CONTROLLING WORRY

50 TIPS FOR CONTROLLING WORRY

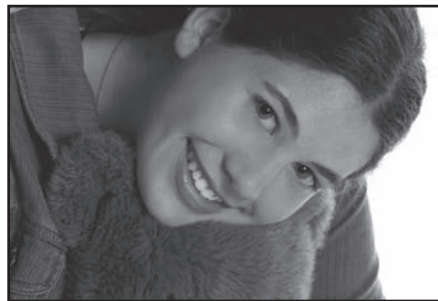
1. Understand that worrying is a natural response to a possible threat.
2. Realize that worrying brings about other emotions such as fear, anger, panic and confusion.
3. Recognize that most things you worry about will never happen.
4. “Worry is a thin stream of fear trickling through the mind. It cuts a channel into which all other thoughts are drained.”
—Arthur Somers Roche
5. Don’t worry when you have to visit the doctor or the dentist for a check-up. These are things all people need to do once in a while.
6. Don’t worry that strangers may do bad things or hurt you or others. It will most likely never happen.
7. Everybody worries sometimes, but it’s not healthy to worry all the time.
8. Feel confident that every stressful event in your life will pass. Worrying only complicates the situation.
9. “There is little peace or comfort in life if we are always anxious as to future events. He that worries himself with the dread of possible contingencies will never be at rest.” —Samuel Johnson
10. Take care of yourself.
11. Know that worrying is a waste of your time.
12. Be aware that worrying can make you tired and, sometimes, very sick.
13. Understand that worrying often makes you feel helpless.

14. Develop confidence in your own ability to handle problems. It is more effective than worrying.
15. Make the best of every situation.
16. Realize that worriers find problems; doers create solutions.
17. Recognize that life has many struggles to be overcome. Accept them and move on.
18. Understand that it is mostly through negative experiences that people learn how to cope with problems. Learn this early in life and get a head start.
19. Know that you are not helpless. You can control events in your life with practice. It just takes work.
20. Don't worry about being perfect. Just be yourself.
21. Realize that people often feel stressed by too many responsibilities. Tackle one project at a time. Learn to set goals and follow through to achieve them.
22. Organize yourself and your time so that you can avoid stress and wasted energy. Discover your skills and limits and stay within your comfort zone.
23. Be patient. Things will work out in time.
24. Know your abilities and limitations.
25. Understand that worrying about uncontrollable events prevents you from enjoying life.

“In times of stress, be bold and valiant.” —*Horace*

LOOK AT THAT FACE!

Facial expressions speak a silent language. Circle the faces that suggest to you that the person could be worried.



LIST YOUR WORRIES

Tip #47. Sit down with a paper and pencil. On the left side of the paper list your worries, and on the right list possible solutions. In the spaces below, do this activity for five of your worries.

WORRIES

SOLUTIONS

1. _____

2. _____

3. _____

4. _____

5. _____

WORRYING IS A WASTE OF TIME



Using the tips, list why worrying is a waste of time.
