



Dial it down

Dealing with worry

Aetna Resources For LivingSM

Too much worry can affect your health, peace-of-mind and relationships. Life comes with plenty of things to worry about. Learning and practicing strategies to lessen your worry can help you live your best life.

Try a relaxation technique

There are a number of different relaxation techniques that can help lower your worry level. One way is to practice doing certain things slowly such as eating or walking. Relaxation exercises include breathing, meditation and muscle relaxation. Yoga, for example, combines all three elements.

To help with relaxation, try to have:

- A quiet location free of distractions
- A comfortable body position
- A positive mindset
- A peaceful atmosphere

Plan ahead

Whatever you do, there's no way to completely get rid of anxiety or worry. Good planning can help keep worry under control.

- Make realistic schedules. Don't try to squeeze too much into one day.
- Leave room in your schedule for the unexpected.
- Learn to say "no".
- Take occasional short breaks.
- Break major tasks into smaller parts.
- Ask for help.



Exercise

Exercise is one of the best ways to deal with the muscle tension of too much worry. And it helps release endorphins. They give you feelings of well-being and relaxation.

If you're feeling worried, try going for a walk to clear your head and see if it leaves you feeling better.

Reach out

Talk about what's worrying you with people you trust. You can also access helpful resources on your member website. Or call us for in-the-moment support over the phone.

For support with facing whatever's worrying you,
give us a call 24/7/365.



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