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## Coach's Corner: Leaving Worryville

By: Sharon Pahlka

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Do you worry too much? I do. This was brought to my attention recently when I journeyed through the gorgeous San Juan Islands on a 36-foot TollyCraft boat, The Grand Waltz, with a friend.

Close quarters and traveling can amplify personality traits. I like to know where I am going, how long, what can I expect...all the details. Okay-I worry. My friend had a game plan, but he doesn't like to worry the details (or answer questions from someone who does). This different perspective caused tension. But it also made me consider how my worry style serves me and doesn't. Of course, we all worry about the issues of life-finances, jobs, loved ones, health and many other issues. But-think about it-worry never accomplishes anything. Sometimes, worry can even incapacitate us. Or it can become such a bad habit that we live in Worryville.

Being concerned can be positive when it propels us to action, such as taking our car in when it makes a strange noise or going to the doctor when we are sick. A change in attitude and behavior happens when we make changes in our lifestyle and thinking.

Here are some ideas:

- \* Get the facts.
- \* Set deadlines to make decisions.
- \* Delegate responsibilities.
- \* Write a worry list and allow yourself a small worry time and no more.
- \* Try to see the humor in the situation.
- \* Realize you can't please everyone.
- \* Learn to say "no."
- \* Ask yourself, "What is the worst that can happen?"
- \* Permit yourself to make mistakes and relax.
- \* De-clutter and organize using "to do" lists and calendars so you don't have hidden worries.
- \* Eat, sleep and exercise well.
- \* Just let your worry go, and focus on the positive.

My wonderful boat trip motivated me to take action against my worry habit. This was both of our vacations, and I wanted less tension. So, I decided to let go of my questions about the unknown and focus on the positive. After all, just looking at the sky, water, wildlife and islands was amazing. We had perfect weather every day of the five. No matter what was happening, I chose to have an enjoyable time...and did!

I discovered that changing my attitude and focus made all the difference.

Leaving Worryville was one of the best vacations I could have had.

Coaching Question: How do you set aside worry?

Coaching Tip: Consider where worry is not serving you. Decide that you will not live in Worryville.

Homework: Pay attention and be aware of when you worry. Pick one area that you want to worry less. Using the list above decide what actions you can take to change your attitude and thinking, and then do it!

Quotes: "When you worry, you go over the same ground endlessly and come out the same place you started. Thinking, on the other hand, makes progress from one place to another...The problem of life is to change worry into thinking, and anxiety into creative action." Harold B. Walker

"If your eyes are blinded with your worries, you cannot see the beauty of the sunset."  
Krishnamurti

Sharon Pahlka is a life coach and speaker. In her coaching, she helps her clients live well and meaningfully, especially those with chronic health challenges. Sharon's column, Coach's Corner, offers helpful tips from her work.

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