



# Productive Worry

*"Worry often gives a small thing a big shadow."* Swedish Proverb

Learning to recognize unproductive worry will help you eliminate stress that you are manufacturing for reasons you can't control.

When you find yourself worried about something, ask yourself:

1. Are you worrying about something that doesn't have an answer?
2. Are you making up a chain of events?
3. Are you looking for the perfect outcome?
4. Do you feel like you overlooked something?
5. Are you trying to control everything?

These are all signs of unproductive worry. Once you've realized that your worry is unproductive, here are the steps you can take to turn it into productive worry:

1. Ask yourself if it is plausible or reasonable. If not, stop worrying about it.
2. Ask yourself if there is anything you can do about it right now.
3. Ask yourself what you can do to find a solution—what action can you take?

Want to Learn More?

There is a big difference between worry and Anxiety disorders. This episode is about worry. If you feel you have an Anxiety Disorder, we encourage you to get some help from a medical professional.

This article will give you [more information about anxiety](#).

Read *The Worry Cure: Seven Steps to Stop Worry from Stopping You* by Robert L. Leahy

[10 Things You shouldn't Worry About at Work](#)