

Worrying Only Gives You Wrinkles

Do you remember as a child being afraid of the bulky man or monsters at night? But now that you're an adult you know better than to be afraid of things that don't exist, right? It's amazing how we adults still have fears in worry about things that are not real. Like the man who said, don't tell me worrying doesn't help. Almost all the things I worry about never happen to me. The crazy thing is that worry in fear makes you run from something that isn't even chasing you, besides worrying only gives you wrinkles, which is just something to worry about. England's prime minister Winston Churchill, said that whenever he started to worry, he would remember the man on his who said I had a lot of trouble in my life and most of it never happened. You see it's not work that kills people, it's worry. When you fear the future you're wasting the present. Besides today has enough trouble of its own, so at night, give your worries to god. He's up all night anyway. Worrying is kind of like a rocking chair. It keep you going, but you don't keep it anywhere. And if you can't help worrying, remember that worrying can't help you either. Fear will often find proof for itself. If you're fearful, you'll find something to be fearful about. That's why the American president Franklin D. Roosevelt said the only thing we have to fear is fear itself. Many of us are afraid of what others think, but if we know how suddenly actually they think about us, we know not to worry. So whatever you'r afraid of or worry about, ask yourself, is it real? And if it is real, how will worring about it will help you? How long will it last? Is there something you can change? If not, how can you best accept it? Then finally ask yourself, how important will this be a year for now, will it be important to me at the end of my life? Just think a minute.