

# HOW TO STOP WORRYING

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**HEALTHY HABITS WITH  
LOUISE ANNE MAURICE**



# DEVELOP THE HEALTHY HABIT OF RESILIENCE TO STOP WORRYING WITH LOUISE ANNE MAURICE

## Benefits of Resilience in Reducing Worry

### Improved Coping Mechanisms

**Impact:** Resilient individuals develop healthy coping strategies to manage stress and challenges. This reduces the tendency to worry excessively about potential problems.

**Example:** Instead of worrying about a difficult project at work, a resilient person might break it down into manageable tasks and focus on one step at a time.

### Positive Mindset

**Impact:** Resilience fosters a positive outlook and the belief that challenges can be overcome. This optimism helps reduce worry and anxiety about future events.

**Example:** A resilient person might view setbacks as opportunities for growth rather than insurmountable obstacles.

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## Emotional Regulation

**Impact:** Resilient individuals are better at regulating their emotions, which helps them stay calm and composed in stressful situations. This reduces the likelihood of spiraling into worry.

**Example:** When faced with uncertainty, a resilient person might practice deep breathing or mindfulness to stay grounded and focused.

## Problem-Solving Skills

**Impact:** Resilience enhances problem-solving abilities, enabling individuals to address issues proactively rather than worrying about them.

**Example:** Instead of worrying about a financial problem, a resilient person might create a budget and explore ways to increase their income.



Take Empowered Habits a step further by understanding the root cause of unhealthy habits in every area of life.

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- “In the beginning I was skeptical to enroll but after going through section 1, I was certain that I want to finish the course. The course covered the holistic wellbeing dimensions and the instructor was passionate as well as knowledgeable. She has impacted a great amount of knowledge and coaching skills. This will definitely add value to my career as a wellness practitioner.”



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### In Life

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