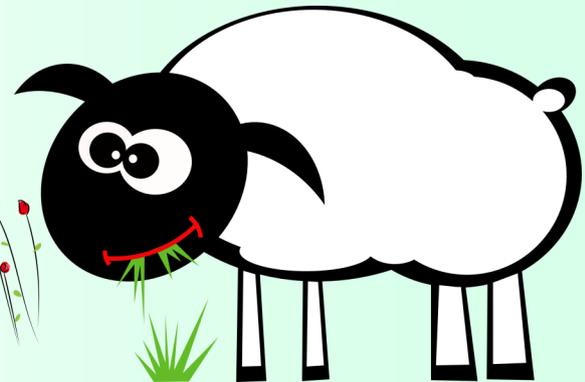
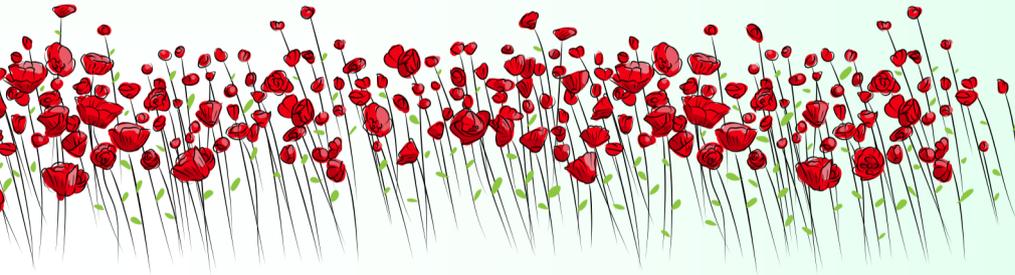


Less Worry. Let's Be Happy!

By Jacqueline Hogan

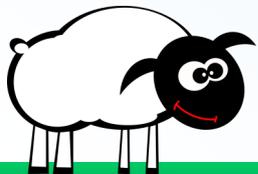
- Do you worry about things that haven't happened yet?*
- Do you worry about something bad happening?*
- Does worrying cause you more worry?*

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Why Worry?

Worrying about things that haven't happened yet is common for many people. However, the more you do this, the more you encourage your brain to continue to worry.

Worrying interferes with your ability to solve problems calmly.

If you have issues in your life situation or you are going through a stressful time, it's normal for the brain to adapt a hyper-alert or fearful stance about an unknown future. But you must remind yourself that the future, by definition, is always unknown.

The future – has not happened yet.

The past – is no longer here.

All we ever have, is **the present moment.**



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If you find yourself worrying about the past or future, you lose the opportunity for experiencing joy, pleasure, fun and peace in the present moment.

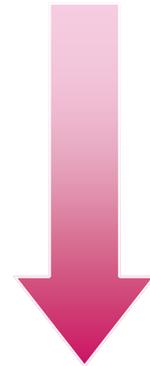
Reducing Worry

Identify what it is you are worried about. Take some time to let your worries come to the fore, explore the thought with detail and write them down on paper as they come to you.

Now that you have Identified your worries it's time to evaluate and **E.R.A.S.E.** them. For each worrying issue write down what comes to mind in the categories listed over the page.

Think about the worries that may be hurting or limiting you.

- **What worries are holding you back?**
- **What baggage are you holding on to?**



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E.R.A.S.E

Encounters: enemies, relationships, communication

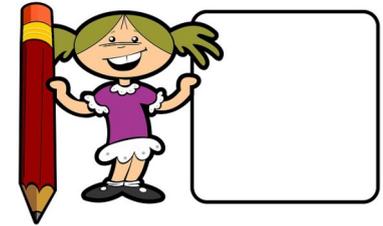
Resistance: doubts, beliefs

Anxiety/Anger: aggression, fear, worries

Sadness: depression, loneliness

Emptiness: void, numbness, limbo, uncertainty, unending

Declutter your mind of all that negativity, **E.R.A.S.E.** it and let it go.



Negative Self Talk

Do you have negative self-talk? Do you notice it? What is the negative self-talk about? doubt? low self-worth?... Explore and write down what comes to mind....

Play the detective - is this real? What is it about this situation/ issue that is real? Is it something within my control?

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Is it past or future oriented? Play the detective and kick into solution focus for a few minutes. Remove yourself from the situation and pretend that you are trying to solve this problem for a really good friend.

What would your advice be? What would you be encouraging them to do in that situation? Would you be encouraging them to continue worrying and beating themselves up about it?

*Probably not...*so treat **yourself with kindness and compassion.**

Bonus Tip: Listen to the audios in the members area or the free YouTube body and mind relaxation video on the [website here](#) and focus on loving yourself and others.

Time to Worry

Set yourself a time of day to worry. Sometimes giving ourselves permission to worry for 15 minutes at a specific time of day is helpful.



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Notice what happens when you do this. Notice other times of the day that you begin to worry and catch yourself. Let the worry go, and tell yourself,

“OK, I notice that I'm worried about, I acknowledge that worry and I'm going to put it to the side for now and at 3pm today, I can worry about that issue for 15 minutes”

This tip has helped many clients reduce unnecessary worrying, stress and anxiety. **What they've noticed...**

Clients report becoming more aware of the times when they are worried and feel reassured knowing they have scheduled time to worry. So then what happens?

When the clock strikes 3pm (*their designated worry time*), they often find they are too busy with something else. They **make a decision not to worry**. It's really that simple!



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Uncertainty

You may be experiencing a situation with elements of uncertainty because you don't know what the future holds.

The future has not happened yet and by definition the future is always unknown.

FACT: *Most of your worries are imagined, not real, not factual. They are conjured up in your head and are nothing more than a conditioned response, a habit of worrying.*

Habit - The Auto-pilot of Worrying

The brain loves habits, routine and predictability. The brain does not like uncertainty.

The brain phases in and out of consciousness (awareness) throughout moments of our daily lives. Most things we do on a daily basis become so habitual, we do them without thinking, without awareness, subconsciously.

**To worry or, not to worry
It's your choice!**

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Life activities go on autopilot. Like driving your car, cleaning your teeth, showering and making a cup of coffee.

Once you understand the brain's propensity to operate on autopilot, you will come to understand why worrying about something that hasn't happened yet is a brain response - a habit.

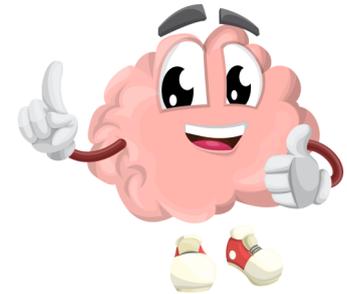
It's merely a neurological response, and what we now know about neuroplasticity and the brain's ability to adapt and change is that we can use this information to **do something different.**

This means, that you can create new habits and new responses.

You can create new habits and behaviours, think about new things and do new things.

You can practice and rehearse them until they become habit.

Over time, with consistency and repetition, the brain replaces your old habit of worrying with the new positive habit.



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However, don't expect the change to happen overnight – expect it after a few months of consistency and daily action, with intention.

After all, your brain has spent many years in the habit of worrying, let's change that!

So what's the opposite to worrying?

Self Compassion

Self-compassion and gratitude are the antidote to automatic and negative thoughts, feelings and behaviours (this includes worrying).

By focusing on positive memories, love for others, kindness and compassion for others or our self we negate the negative effects associated with worrying.



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Power of Gratitude

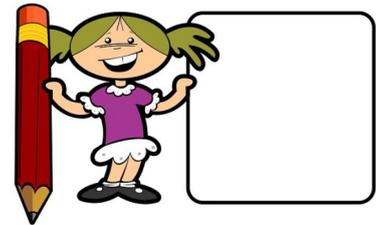
Focus on five things you are grateful for in this moment right now. For every one negative thought of worry, fear or belief, we need five positive "gratefuls" to counteract it.

Alternatively, practise mindfulness by bringing your attention to the present moment, what do you see, hear, feel, taste, smell right now?

What pleasures are available to you in this very moment? Pay attention. Write down what you notice.

Spend fifteen minutes writing all the things in your life that you're grateful for in this moment, in your current life situation. Focus on love and compassion. Then ask yourself, how much better am I feeling now than before...?

**You can't be both
grateful and worried at
the same time - try it!**



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TIPS

- *Feeling distracted with worries?* Bring your attention to your breathing and focus on **the moment between the in-breath and your out-breath**. Continue breathing at your own slow comfortable pace. Continue, relax, breathe...
- Any time you try something new it can feel uncomfortable and difficult. Like riding a bike, the first time you get on the bike, you almost invariably fall right back off again. The challenge is to continue doing it anyway until you become really good at it. **Persistence is key!**
- Start small and build slowly. Just like working out at the gym, start with light weights and gradually build up to the heavier ones. Just like your physical body needs to progress in small increments, so too does the brain.
- Keep it up - If you don't go to the gym for weeks you'll lose all your fitness and muscle. The same is true for your "brain muscles" - keep them fit with regular habit forming exercises. **Visit your brain-gym often.**



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- The exercises in this e-book are your brain-gym workouts. John Assaraf coined the term as **innercise**. So why not give it a try, set yourself an innercise routine and schedule and **commit** to it!
- If your brain has suffered an injury or trauma, you may need to have rest, and take mental breaks. Ask your doctor. Otherwise - You can benefit from practicing a daily innercise routine and feel less worried from day one.
- To help stay committed you can 'mix it up', make it fun, make it a game, be rewarded, and get others involved. Keep it going and celebrate the results.
- What innercise can you start today?

Innercise Warm up's

1. Without bias check in with yourself and give yourself a score from 0-10 on how you are feeling
2. Now deeply, deeply relax. To speed up relaxation have a nice big yawn and stretch – this is the fastest way to begin

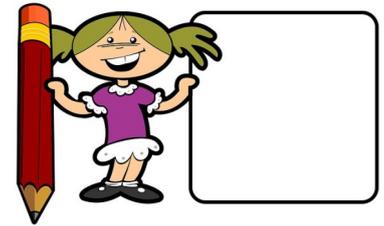
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to relax .

3. Write down anything that comes to mind. Worries, fears, doubts, concerns and negative thoughts.
4. Ask yourself, using your intuition (your gut) for a possible solution to any problems you may have.
5. Turn worries into specific problems and then seek creative ways to overcome them.
6. You will succeed at reaching many of your desired goals by being less worried and focused on positive steps to solutions.
7. Mindfully gaze at the sheet of paper in front of you and again give yourself a score from 0-10, based on how you are feeling now.



What is your score? Higher? Feeling better!?



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Visualise Your Ideal Self

Begin to visualise your ideal self. Picture yourself - What you will be doing? Where you will be? How you will feel? What will your daily habits be when you are your ideal self?

- **Visualise** yourself releasing your worries effortlessly.
- **Imagine** yourself healing as you commit to innercising daily.
- **Smile** - It really does help you feel good *
- **FAKE IT 'TIL YOU MAKE IT** - It works!

Create your own personal **symbol of balance** to remind you to release the negative thoughts, worries, fears and beliefs that may be holding you back.

Why balance?

Once we have released the negative patterns and replaced them with new positive patterns and behaviours the more in balance you will be with yourself, your values and the qualities you aspire to hold.

* [Click here - Smile Article](#)



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Having balance allows you to make decisions based on real issues or concerns without being weighed down or held back by them.

Balance allows you to become the ten out of ten, optimal version of YOU!

Worry Less. Let's Be Happy

Lets review what we have covered:

- There is little value **worrying** about the future, or the past.
- **E.R.A.S.E** your worrying thoughts away.
- **Play detective** to solve the mystery behind negative self talk.
- Set aside **15 minutes** of your day "to worry" & notice what happens.
- **Disrupt** your brains autopilot with new habits to reduce worrying and feelings of uncertainty.

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- Practice **self compassion and gratitude** to actively change your state of mind and **form new habits**.
- Attend your “brain gym” and **innercise regularly**.
- **Visualise your success** and the steps to get there.
- **Commit** to small, achievable steps daily.
- **Enjoy** the journey, embrace balance and goodluck!



To learn more about counselling and coaching with Jacqui visit
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