we will head on to ancient times and will apply the approach of the Stoics to our modern lives. The final strategy we’d like to suggest is one that you have probably heard your friends mention: psychotherapy, Cognitive Behavioral Therapy, is what has helped many who have struggled with anxiety, but it is not for everyone. We have a few suggestions that most people struggling with anxiety find incredibly helpful. Although it is usually carried out with the help of a trained psychologist, we’d like to suggest an adaptation of CBD, which you can do on your own. With the next strategy, we will head to our modern times and will apply the approach of the Stoics to our modern lives.

You are now ready to return to your everyday life, but with a new approach and a new strategy. As you now know so much about the topic, it is time to locate where worry occurs and create a personalized strategy that is right for you. It is why it is important to understand that it take time to turn around the way you deal with worry – be persistent in applying everything you have learnt and trained to your life? You sure seem ready! Even if you don’t feel too confident yet, let us lightly nudge you in an inspiring direction.

Once you are able to progressively include resilience in your way of life and mindset, it is time to start at the very beginning. Act in Your Own Favor. How Do You Think About Worrying? Let’s Understand Worry! The Most Practical Matters. Links.