Workplace Strategies for Mental Health

Compliments of Canada Life

E-learning module

Worry myths

Life is unpredictable. Of course, we don't want bad things to happen to ourselves or others. While we can plan and act to prevent harm – that's being proactive – some things are just outside our control.

Worry, however, is when thinking about potential problems leaves us stuck in fearful, unhappy thoughts. Much misery comes from wishing people, situations, or life itself were different than they are. Worry rarely prevents bad things from happening; it mostly just adds stress. Accepting life's unpredictability, and that we can't control everything or everyone, is the first step to moving past worry myths and choosing healthier responses.



Accept

There are things you can't control, including the actions of others



Identify

When worry is keeping you stuck in fear or unhappiness



Challenge

Question the value of worry in this situation



Act

Control what you can, including your thoughts and actions

Learn more about worry myths:

Worry myths
clwsmh.com/worry-myths

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