



# Dr. Tracy's Counseling Services

20 years of experience

**Q:** Is worrying normal?

**A:** Yes. Worry is a normal response when you are unsure about things. In the short term it may give you some relief. However, if you worry about a situation that you cannot change this will only create more stress for you. Worrying becomes a problem when it is a habit you cannot control. It can make your life miserable by upsetting your daily life and disturbing your sleep.

Worry can rob you of precious memories. The future isn't here yet and the past is gone. If we spend a great deal of time regretting the past or worrying about the future, we lose the joy of the present. We have control of our present. If we take an active role in controlling our present, this gives us the ability to let go of the past, learn from it and enjoy our future. Worrying robs us of being happy right where we are, right now.

Sometimes it is helpful to spend a certain amount of time each day thinking about the different worries in your life. Find a quiet place to think and consider which of your worries are based in reality and within your control and which ones are not worth your energy. One person can worry about getting a pink slip because they are on a final warning, while another worries about being fired after getting a great evaluation and a raise. If you are on a final warning, it is important to take action and start looking for a new job. Being unemployed is a legitimate worry and you need to take action. If your worries are not based in reality, it may be time for you to talk to a friend or make an appointment with a professional. Some people cannot eliminate worry from their life on their own, and need to get professional help.

*Specializing in the treatment of:*

**Anxiety and Depression ~ Addictions**

**Trauma and Grief ~ General Coping Issues**

**State of Iowa approved DUI Assessor**

**Parenting a Special Needs Child**

**Women's Issues ~ Workplace Stress**

**Most insurance accepted.**

The goal of counseling is to increase the zest and enthusiasm for living and to strengthen a person's ability to make healthy choices.

We work together as a team to meet your goals.

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[www.DocTracysCounseling.com](http://www.DocTracysCounseling.com)