

Stress, some people  
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them, then



Stress, anxiety and anxiety have always been and remain an integral part of a person's life. Do not meet someone who would not have been exposed to this today with difficulty, and destructive mental states in our time are considered an absolute norm.

Psychic pressure surrounds us everywhere: at work, in shops, in movies, in public transport, in traffic jams, in lines, etc. Even at home, where there are extremely close and dear people to us, we are daily exposed to the influence of stressful situations and concerns of various kinds. But if some people can easily experience them, then for others they can turn into chronic ones. And now it is no secret to anyone that chronic anxiety can cause a bad mood, the predominance of negative emotions, mental, emotional and physiological ailments (see psychosomatics here ). It is also known that in order to become chronic, anxiety should simply systematically overcome a person for a certain period of time. In the end, worry and anxiety can finally ruin a person's life in such a way that it becomes more of an existence filled with suffering. The question of getting rid of worries and unrest is very relevant, and one can not but agree with this. To date, the problem of getting rid of the initiate's troubles is a huge amount of literature of perfect different quality.

Someone writes pathetic pamphlets that contain “ super effective” recommendations for getting rid of anxiety – these books are written, as a rule, by absolute dilettantes and only for the purpose of obtaining financial benefits. But there are really worthwhile works, the creation of which has been dedicated to sleepless nights and countless hours of painstaking work by the best of people whose intentions can be considered truly good,

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because they reveal a sincere desire to help people and make their lives better. One such person is Dale Carnegie – a world-renowned American psychologist, educator and writer, who stood at the origins of the theory of communication. It was this man who could translate the theoretical development of psychologists of his era (the first half of the twentieth century) into the field of practical application. Dale Carnegie developed his own concept of conflict-free communication, many courses on self-improvement, skills of effective communication, speeches, oratory and others, among which special attention deserves the art of harmonious life. The books of this man won great fame all over the world during his lifetime, but even today they remain very popular and popular. Today we will talk about the book by Dale Carnegie entitled "How to stop worrying and start living." To be more precise, we will not talk about the book itself, but about the councils for improving life contained in it, which any person can successfully apply in practice.

Having done a lot of research in the field of personality psychology, and having given them many years of work, Dale Carnegie was able to formulate special principles, following which people can stop worrying about anything in their lives, and negate all their concerns. How to stop worrying and start living: 10 tips from Dale Carnegie's book In the book "How to stop worrying and start living?" The author suggests readers to use their ideas, which he not only supports the theory, but also accompanies with examples from real life. There are a lot of Soviets in the book, but we offer you only a small part of them. Council first According to the author, the first and most important thing that a person should know about anxiety is that in order to suppress

anxiety from his life, it is necessary to differentiate the past and the future with all his might.

Carnegie proposes to establish between them “iron doors”, thereby creating “sealed compartments” of today. It is necessary to live in the present, not regretting the past and not worrying about the future. Otherwise, past experience and thoughts of hopes will give rise to anxiety and anxiety.

Council of the second If a person is confronted with situations that are associated with anxiety and anxiety, he should resort to the so-called “magic” formula of the American inventor Willis Carrier, which is as follows:

We must ask ourselves the question: “What is the worst thing that can happen to me?” In advance, accept this “worst” and come to terms with it, if there is such a need. Calmly think about how you can change the

situation. Council of the third A person should always carry in his mind the thought that anxiety and anxiety cause his health a huge harm that can not be filled up. As an example, Dale Carnegie cites the claim that many business people who do not know how to deal with their worries die very early.

And this is really so, because anxiety makes a person nervous, and the nerve cells of the body, as is known, are no longer being restored. The more a person worries, the less he has to live. Remember this! Council Fourth That anxiety, anxiety and anxiety overpower a person as little as possible, he must develop a special frame of mind, capable of bringing calmness and happiness. To develop such a mentality can be with the help of positive and cheerful thinking, cheerful behavior and the very feeling of joy from life. It is

necessary to strive to ensure that positive feelings predominate in feelings and thoughts.

It is not for nothing that the mental impulses of man have a shaping effect on his life. Council Five One of the main reasons for concern is the lack of employment. If a person does nothing and his thoughts are not occupied, the consciousness itself can begin to generate restless thoughts that cause anxious states. If you want to get rid of anxiety, upload yourself with some kind of activity. Intensive work and employment are the best medicines that can drive out the “demons” of despondency and anxiety from the human mind. Council of the Sixth Anxiety is a bad habit that you need to get rid of. But getting rid of bad habits is best, replacing it with useful ones. Stop upset because of minor troubles and trifles – this will be your new habit.

Present small scrapes as tiny ants that destroy your happiness, and do not feel any regrets by getting rid of them. Council of the Seventh Have you ever heard of the Law of Large Numbers? If not, read about it on the Internet. This Law is the best suited for expelling anxiety and anxiety from your life. How to apply it? Just ask yourself more often: “How likely is it that an event that worries me at all will happen to me?” According to the Law of Large Numbers, this probability is negligible. Council of the eighth Many people experience suffering and continue to worry even when something unpleasant has already happened. Do not make this mistake – learn to reckon with the inevitable. This means that if you know that you can not change or correct a situation or circumstances, you need to take it for granted, say to yourself: “So, it should be just like this and nothing else” and calm down.

Council ninthIn order to gain control over your worries, you need to install their “ limiter”, which will regulate your anxiety level. To establish a “ limiter” means simply defining for yourself the degree of anxiety that an event in your life deserves. Set a limit for which you can not go out in any way, and do not let your anxiety overcome it. Tenth CouncilAnxiety overcomes a person when he is unduly concentrated on his person. To neutralize anxiety, you need to forget about yourself and show more interest in surrounding people.

You can do some kind good deed every day, even towards a stranger. Let, it seems unusual and complex, but the result will justify itself with interest. As it is easy to see, Dale Carnegie’s tips are very easy to apply.

The only effort that must be made to start giving tangible results is to make a firm decision to rebuild their thinking in a positive way, finally stop worrying and start living