



MONDAYS

with Mike

Managing fear and worry in the new year . . .

As we begin the journey into the new year of 2025, many of us will wonder how we will manage various life events, some known and some unknown. As we ponder those, fear and worry can creep in. Our emotional response to both is highly individual and highly controllable. We must turn our thinking into productive doing, based upon what is real and what we can control.

For many of us, we simply need an anchor statement, thought, or quote to help us quiet the unproductive self-talk. This week, I have provided several options for us to use, given our particular circumstances. Choose one or two and place them in your phone, on your desk, in your kitchen, or any other spot that you frequent. Let those chosen thoughts reset your thinking and ultimately, your doing. Take action against fear and worry!

- When you accept change, let go, and free yourself from fear of the unknown, you will begin to see your life as an exciting adventure. - Joe Keane
- We must shift our allegiances from fear to curiosity, from attachment to letting go, from control to trust, and from entitlement to humility. - Angeles Arrien
- The only real difference between anxiety and excitement was my willingness to let go of fear. - Barbara Brown Taylor
- If we can just let go and trust that things will work out the way they're supposed to, without trying to control the outcome, then we can begin to enjoy the moment more fully. The joy of the freedom it brings becomes more pleasurable than the experience itself. - Goldie Hawn
- Holding on is believing that there is only a past; letting go is knowing that there's a future. - Daphne Kingma
- Worry does not take away tomorrow's troubles. It takes away today's peace. - Jason Chatfield
- Anything you can't control is teaching you how to let go. - Jackson Kiddard

Take control, fear not, and worry less!

Have a great start to your week and the new year!

Let's go!