

The Worry Trick

Robert R. Redfield

Worry - Wikipedia The worry system is activated from exposure to a potential triggering event, traumatic experience or vulnerability, this brings worrisome thoughts and feelings which bring about physical stress reactions and response to avoid worrisome behavior, to ensure allostasis. What Is Worry? - Psychology Tools Worry has been defined as thinking about future events in a way that leaves individuals feeling anxious or apprehensive. Clinically, excessive worry is the primary symptom of generalized anxiety disorder (GAD). Physical Effects of Worrying - WebMD Nov 22, 2024 · Worrying is feeling uneasy or being overly concerned about a situation or problem. With excessive worrying, your mind and body go into overdrive as you constantly focus on "what might happen."... *WORRY Definition & Meaning | Dictionary.com* Worry, annoy, harass all mean to disturb or interfere with someone's comfort or peace of mind. To worry is to cause anxiety, apprehension, or care: to worry one's parents. *WORRY - Definition & Translations | Collins English Dictionary* If you worry, you keep thinking about a problem or about something unpleasant that might happen in the future. **WORRY Definition & Meaning - Merriam-Webster** The meaning of WORRY is to afflict with mental distress or agitation : make anxious. *Worry and Anxiety - Centers for Disease Control and Prevention* Worry is a common emotion that comes up when you feel uncertain about the future. Occasional worry is a normal part of life. Many people worry about things such as health, money, or family problems. But usually, the worry goes away. **WORRY | English meaning - Cambridge Dictionary** WORRY definition: 1. to think about problems or unpleasant things that might happen in a way that makes you feel.... Learn more. **Worry | Fact Sheet - ABCT - Association for Behavioral and Cognitive ...** Worry is an anxious way of thinking about oneself and the world. It usually involves thoughts about what bad things might happen in the future and/or whether the person will be able to cope with them. **Worry - definition of worry by The Free Dictionary** There is nothing to worry about; there is no need to be concerned: "But not to worry: it all ... falls into place in the book's second half, where the language is plainer" (Hallowell Bowser).

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