

# SN-L Consulting

Helping Individuals and Organizations  
Reach Their Potential



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**H.O.P.E. Newsletter** Compliments of SN-L Consulting

The H.O.P.E. Newsletter features *matter of the heart topics* and upcoming H.O.P.E. sessions and events. Your suggestions for topics to feature are welcomed.

**This Quarter's Featured Topic: Worry.** My inspiration for featuring this topic comes from a H.O.P.E. Newsletter follower. Have you ever worried about something that had not yet happened? Many people do. *When we worry about something that has not yet happened we have projected ourselves into an "imaginary" future situation thus creating fear.* **We can't cope with something that does not exist because it's a mental phantom; it's not real.** We certainly will be faced with life circumstances that will cause concern. However, there is a difference between *worry* and *concern*. Being in a worry mode drains our energy and leaves us feeling depleted mentally, physically, and spiritually. Being in a concern mode heightens our awareness to prepare for our mind and body to meet a given challenge, but being concerned is not debilitating. Worrying is unhealthy and life-corroding. Here are some suggestions to consider when you find yourself "worrying".

- Become aware of your breathing. Pay attention to the air coming in and out of your body. Breathing correctly helps to center us so we don't feel off balance.
- Remember, the only thing you ever have to cope with in, real life, *is the present moment*; Not an imaginary future situation which is not real.
- Ask yourself - what situation do I have to deal with at *this moment* (not tomorrow, not next week, not even five minutes from now, but NOW).
- We can always cope with *one moment at a time*, but we can't cope with the future because it's a mental phantom. Be mindful, that the future will someday present itself as the present moment. At that moment and time we can deal with a real situation.
- The answer, strength, and right action or resource will be present itself when you need it; not before or after. *So why worry?* Worrying does not add a minute more to our life.

**Sondra-ism:** Worrying is like being in a rocking chair. It gives us something to do, but doesn't get us anywhere.

**Next Newsletter:** May, 2014

**In the meantime, keep on exhaling!**