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How to Be Less Controlling - Oprah.com

Use a checklist to keep things in perspective. Shake yourself out of a serious demeanor by asking questions that will help you get your priorities straight. When you feel intense seriousness start to bubble up inside, ask yourself the following questions: Is this worth getting upset over?

How to Stop Taking Life Too Seriously (with Pictures ...

Basic mindfulness meditation Find a quiet place Sit on a comfortable chair or cushion, with your back straight, and your hands resting on the tops of your upper legs. Close your eyes and breathe in through your nose, allowing the air downward into your lower belly. Let your abdomen... Breathe out ...

How to Stop Worrying - HelpGuide.org

How to Stop Being Hyper Method 1

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Watching What You Put into Your Body. Avoid stimulants like caffeine. If you find that you have too much... Method 2

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Burning Excess Energy. Get active and exercise. Hyperactivity comes from an excess amount of energy. Put... Method 3

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Creating a Calm ...

4 Ways to Stop Being Hyper - wikiHow

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15 Ways to Calm Your Nerves Before a Big ... - Inc.com

5. Stop attaching to what things mean. As women, we have all been programmed to see having a relationship as some sign that we've made it, that we're worthy. Being single is seen as something to be pitied, and being in a relationship is something to covet. As a result, a lot of us measure our worth by our relationship status.

6 Ways To Stop Stressing About Your Relationship And Fully ...

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