

Causes for Worry

Worry. It's only a five-letter word, but it's huge in its impact on the lives of people. It is defined as mental distress or agitation resulting from concern, usually for something impending or anticipated.

Experts tell us that most of what we worry about never materializes. We, therefore, have wound up fretting over absolutely nothing.

Worry. If we could learn to control that element in our emotional lives, how much happier we would be. People worry over an assortment of things, including:

- Whether the draft will be reinstated.
- Whether a spouse or sweetheart is being faithful.
- Whether a third world war is in the offing.
- Whether taxes are going to go up again.
- Whether gasoline will break the \$3-a-gallon mark.
- Whether the dollar can be stretched to pay all the bills.

We ponder over these concerns and fret and fret and fret.

Actually, these considerations are all minor in comparison to some real worries. We should put these items out of our minds and save time and energy for the truly legitimate problems of life. You should worry when:

- The funeral home calls just to ask how you are.
- You follow a fire truck, and it stops in front of your house – or where your house used to be.
- The letter you sent to Santa Claus is returned stamped “Occupant Moved: Address Unknown.”
- You kiss your wife and wish her a happy anniversary only to discover you've guessed the wrong date.
- You ask your wife when her beauty shop appointment is, and you learn it was that afternoon.
- Your wife hands you a diaper and suggests that you change the baby for the first time.
- Someone asks you when you started combing your hair forward, instead of toward the side.
- You want to tell someone that axiom about forgetfulness being a sign of senility, but you can't remember how it goes.
- You're asked to guess the age of a female associate at work – who's having a birthday – and you overestimate it.

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- A neighbor cautions over his shoulder, as you leave his house after a visit, to be careful of the dog, when you are already standing eyeball to eyeball with a German shepherd. And the dog seems to have a smile on his face.
- You work up the courage to try a dive off the high board at a public swimming pool – and you lose your swimsuit.

Each of these incidents falls clearly within the definition of “mental distress or agitation resulting from concern, usually for something impending or anticipated.”

If you find yourself in any of these situations, it’s all right. Go ahead. Worry.

--Beecher Hunter