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worry is a chain of thoughts and images negatively affect laden and relatively uncontrollable it represents an attempt to engage in mental problem solving on an issue whose outcome is uncertain but contains the possibility of one or more negative outcomes consequently worry relates closely to the fear process jan 24 2008 if this sounds like you then you may be worrying your life away this excessive worry doesn't just affect your mental health it also can wreak havoc on your physical well being that's why nov 9 2022 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 in worry 2 of 2 noun plural worries 1 a mental distress or agitation resulting from concern usually for something impending or anticipated anxiety b an instance or occurrence of such distress or agitation 2 a cause of worry trouble difficulty synonyms verb bother fear fret fuss stew stress sweat trouble noun agita agitation anxiety worry w r verb r ies rying or ried to be or cause to be anxious or uneasy esp about something uncertain or potentially dangerous tr to disturb the peace of mind of bother don't dec 30 2022 constant worrying negative thinking and always expecting the worst can take a toll on your emotional and physical health it can sap your emotional strength leave you feeling restless and jumpy cause insomnia headaches stomach problems and muscle tension and make it difficult to concentrate at work or school worry crossword clue the crossword solver found 60 answers to worry 5 letters crossword clue the crossword solver finds answers to classic crosswords and cryptic crossword puzzles enter the length or pattern for better results click the answer to find similar crossword clues enter a crossword clue jul 8 2022 bible verses about worry and anxiety find comfort and peace through scripture that promises you hope and a future fear worry and anxiety are all weapons of satan to keep us from experiencing the full life that god has for us these emotions can overwhelm us and keep us paralyzed learn how to leave free from worry and anxiety by meditating on the word and definition of worry 1 as in to fret to experience concern or anxiety they worried for days about whether the loan would be approved synonyms similar words relevance fret fear stress fuss trouble sweat bother stew care a hang agonize give a hang sweat blood long despair yearn pine chafe antonyms near antonyms accept tolerate take bear endure v intr 1 to feel uneasy or concerned about something be troubled see synonyms at brood 2 a to seize something with the teeth and bite or tear repeatedly a squirrel worrying at a nut b to touch or handle something nervously or persistently worry at a hangnail

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