

What If?

By Dr. Laura Hernandez

Sometimes my brain asks a question about the tomorrows that lie ahead,
it makes it difficult to concentrate because the answers I often dread.



The question brings me to the future, a place I cannot control,
and comes up with the worst possible conclusion, to a story that has not been told.

It makes my brain feel anxious, worried, and afraid.
All because I am fretting over a future, that has yet to be made.



The question I am referring to, we all know it well,
“WHAT IF?” applies to every situation, the worst scenario is what it will often tell.

What if...

I forget my homework, the car breaks down, or I get lost,
my brain is just too tired! All these thoughts...I am distraught!



What if...

She will not play with me, and my post doesn't get any likes
My friends do not talk to me and all my fingers turn to spikes.



What if...

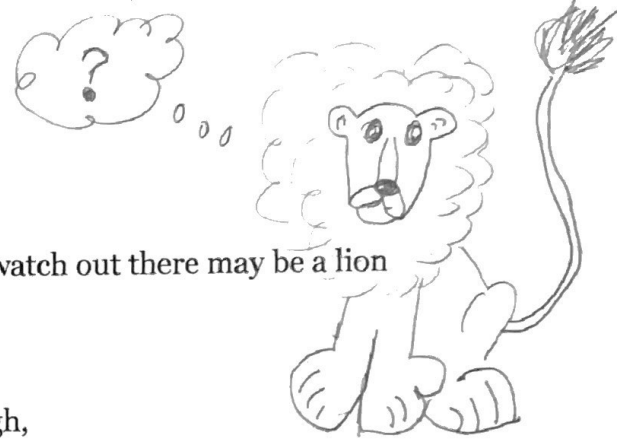
I jumped on my trampoline, so high, to the moon I flew.
You see it is often thinking of things that are not even true.

It's really quite ridiculous, if you take a minute and think, could all these worst scenarios
happen?

That would really stink!

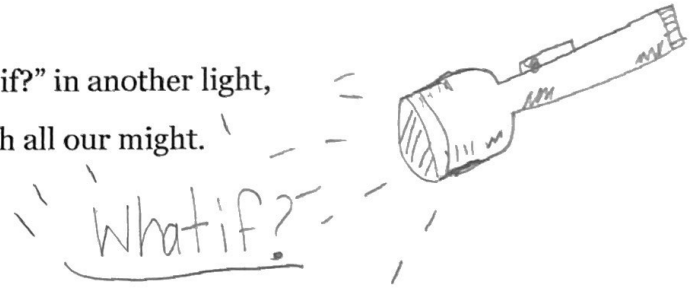


Our brain likes to prepare us for what lies ahead,
it focuses on finding possible problems to protect us – watch out there may be a lion
that has not been fed!



But if we take a moment and breathe and reason through,
another thing may happen something different may come true.

We may see other options, the question, “What if?” in another light,
like something quite spectacular- let’s think with all our might.



What if...

I am successful! And my friends are kind!

I stay healthy and when testing, all I studied comes to my mind.

See it really is quite simple. Just train your brain to see,
that each time you think the worst, another side may be.

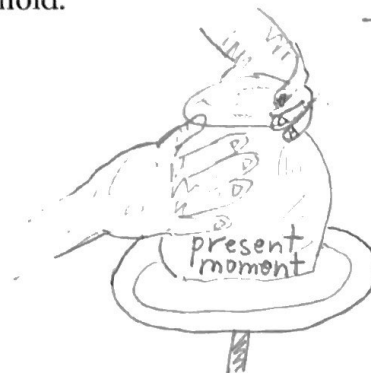


To see and explore the bright side, ask “What if?” again,
but this time look a little closer you may even help a friend.

Looking for the good things, even when they are hard to find,
answering the “What if?” question -really exploring your mind.



This is the key to a peaceful mind because the future we cannot control,
but the present moment we live in, is what we can mold.



If we live in the future, we can feel nervous and worry,
but returning to the present moment is where we are writing our story.
So, when you catch your brain asking, "What if?" and feel afraid,
switch your question to, "WHAT IS?" Live in the present moment
where each day is made.



The End



Encouraging others...one moment at a time.

Dear Readers,

Here is a fun poem I wrote to remind us all to notice our thoughts. Our thoughts create the feelings we experience. This poem can help us identify anxiety provoking thoughts, such as "What if?" questions. Use the techniques taught in the poem to help you experience more peace in your daily life.

Peace, Dr. Hernandez