

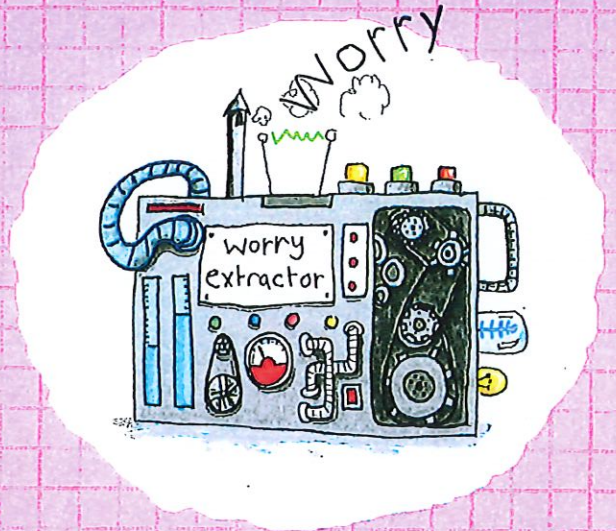
Things you try
when you are
worried



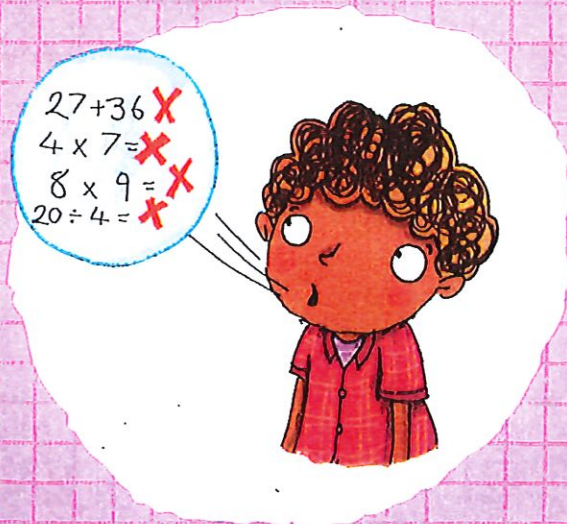
When you feel worried, you could ...



Find someone you trust and tell them about all of your worries.



Imagine a giant machine sucking the worry completely out of you.



Picture the worry in a bubble and blow it away high into the sky.



Watch a film or TV programme you know you really enjoy and concentrate on nothing else.

Think of a funny or silly tune playing in the place where you feel worried.



Take lots of really deep, deep breaths.



Imagine yourself floating on some calm, clear blue water.

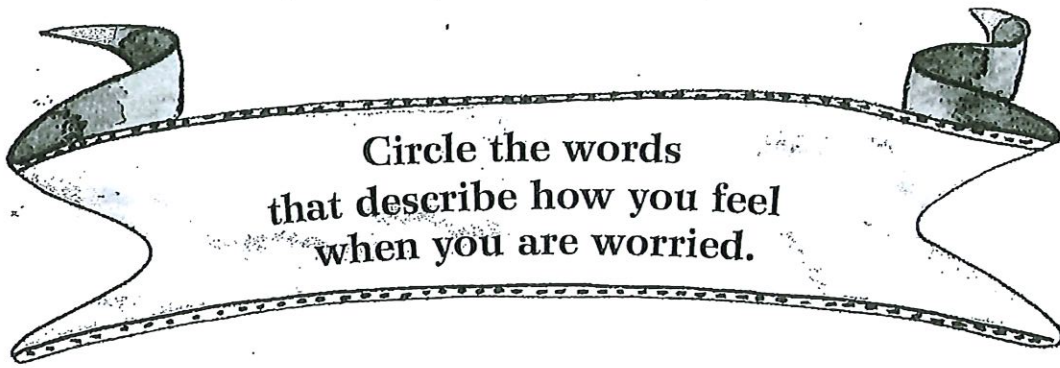


Imagine yourself much, much bigger than the thing you are worrying about.



Feeling worried is not a nice feeling. It usually happens when we think an unhelpful thought over and over again about something that might happen in the future.





headache

dizzy

tearful

nauseous

breathless

racing heart

sweaty

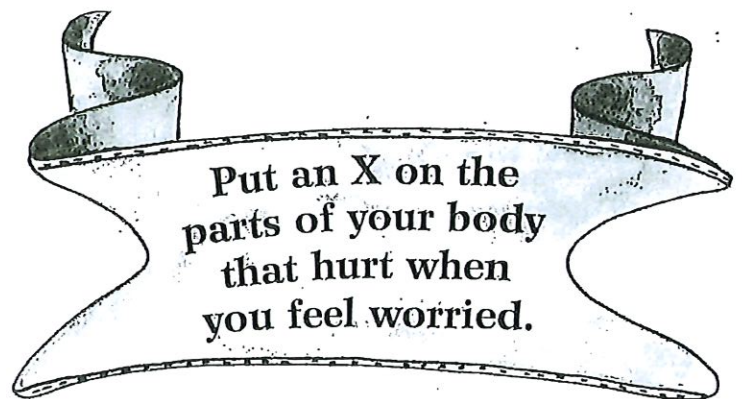
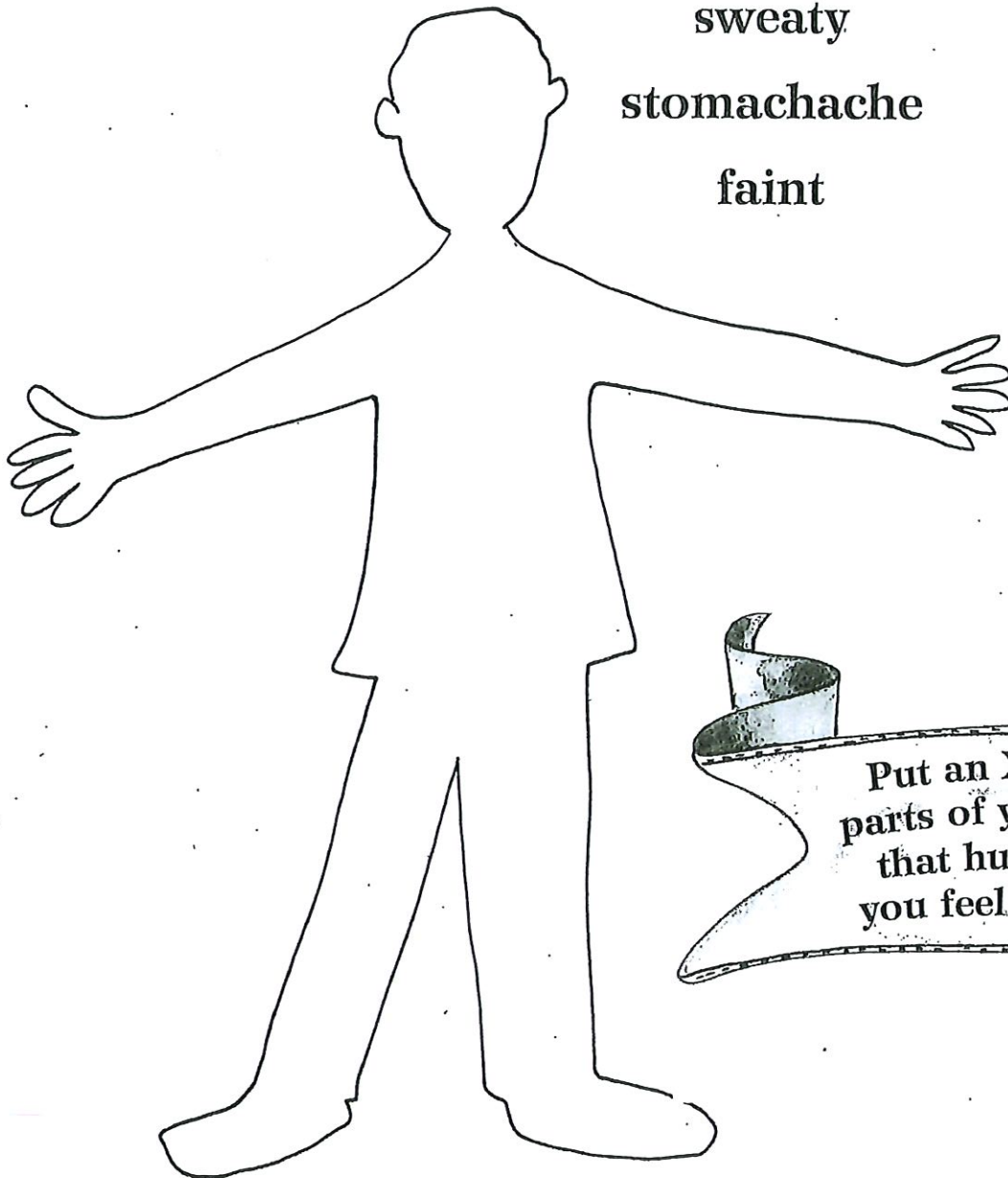
tingly

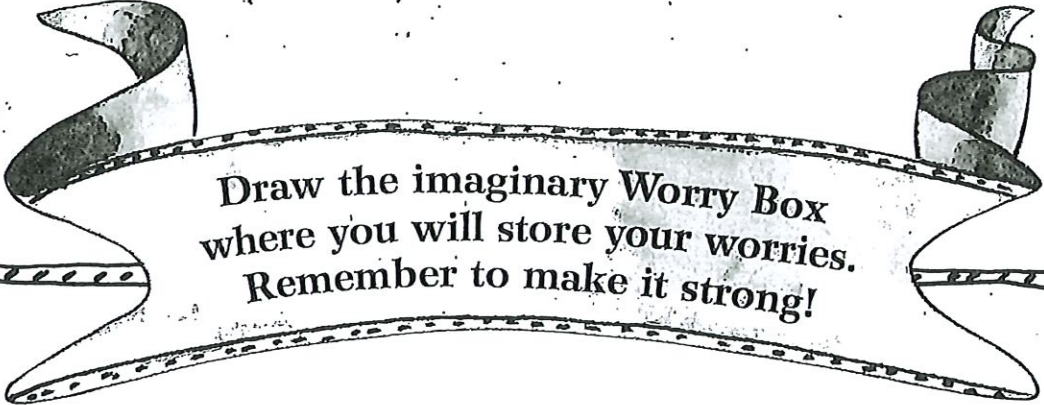
stomachache

cold

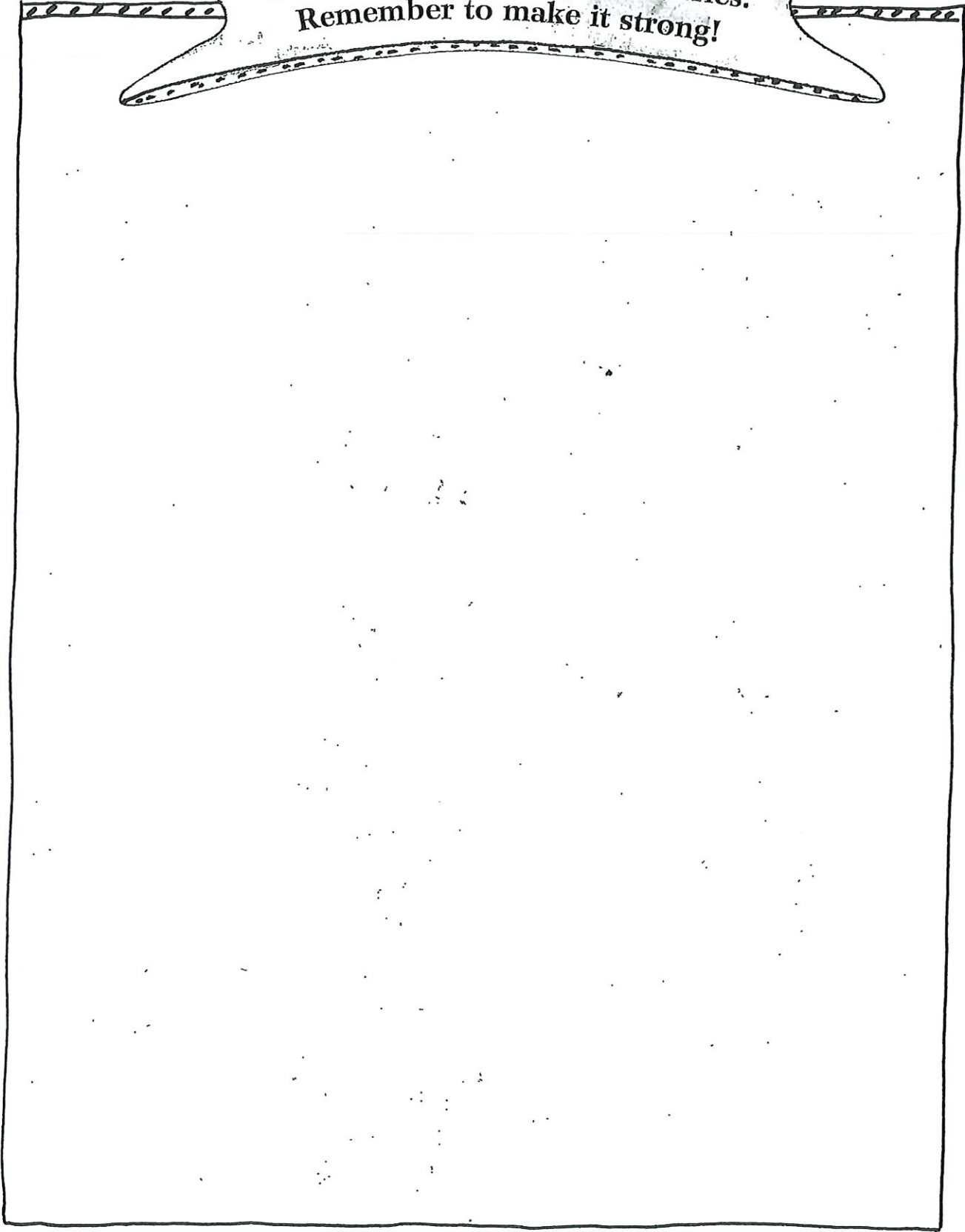
faint

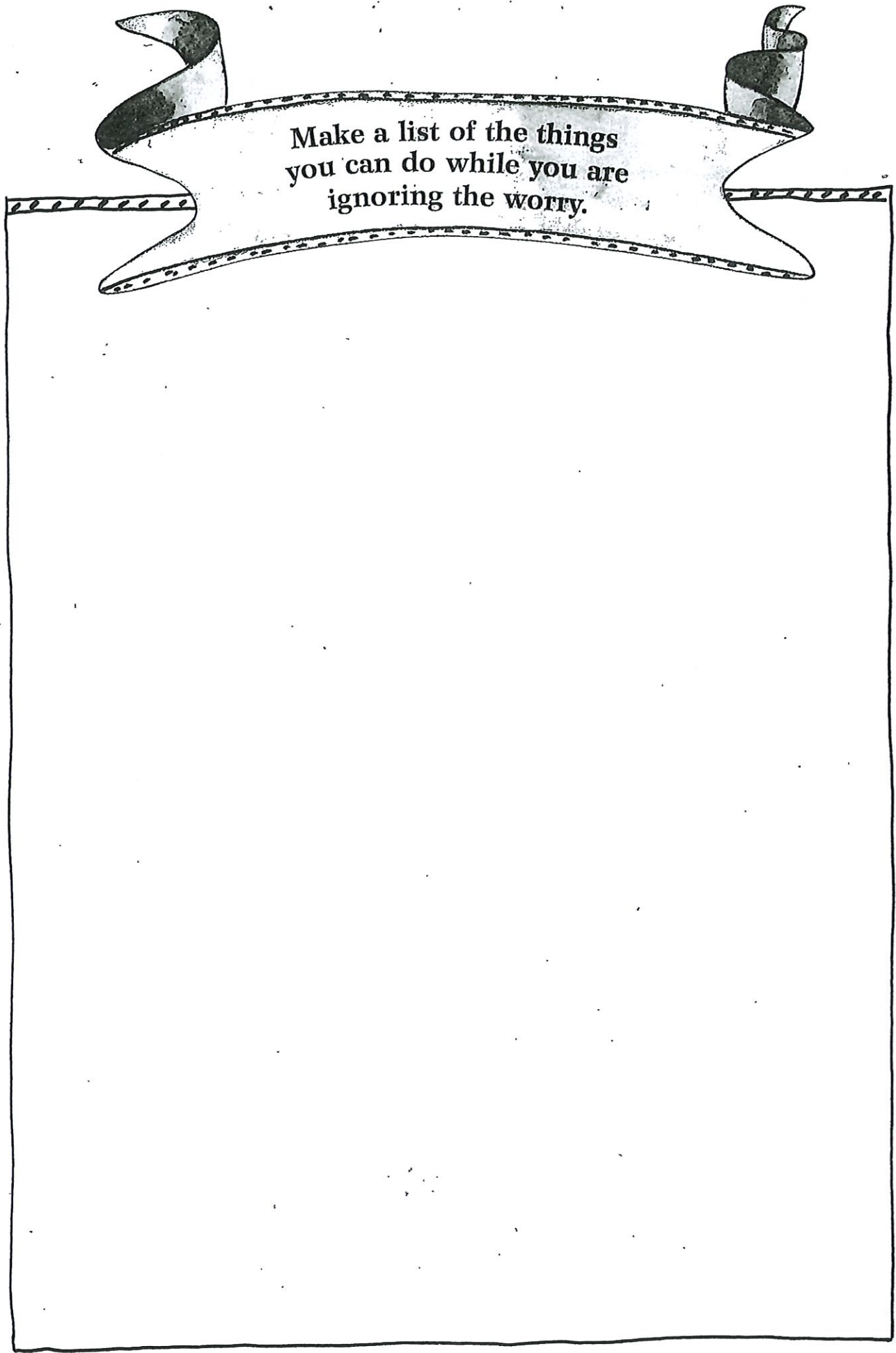
weak





**Draw the imaginary Worry Box
where you will store your worries.
Remember to make it strong!**





Make a list of the things
you can do while you are
ignoring the worry.

Think about the last place you went to that made you feel calm and happy.

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Take a deep breath in, then breathe out slowly.

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Eat a snack and drink plenty of water.

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Think about the last time you laughed.

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Write or draw all of the people that care about you.

Think about what makes you happy every day.

Think about how your mind and body are feeling.

Give yourself a cuddle or a pat on the arm or chest.