

What Can I Do When I'm Feeling Worried?

We all feel worried at times. It's not a nice feeling and usually happens when we're thinking about something that might happen in the future. One of the best ways to overcome worries is to share them with someone you love and trust.

Imagine floating on a calm, blue sea with the sun shining on my face.



Spend time with somebody I love.



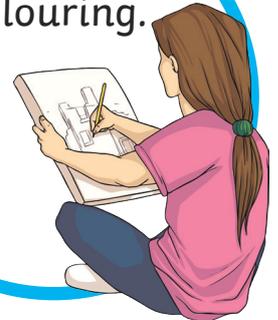
Take lots of slow, deep breaths.



Find someone that I trust and share my worries with them.



Do some colouring.



Every time I'm worried, write down my worries and place them in my worry jar.



Watch a film or TV show that I really like and don't think about anything else.

