

DEALING WITH WORRIES

If you're a kid who worries a lot about things, you're not alone! Lots of kids worry - it means that our brains are trying to help us to prepare for things that might (or might not!) happen in the future! We need to have ways to deal with our worries so that they don't take up too much of our time and stop us from enjoying life!

Ways to deal with your worries:

1.

When a worry pops into your mind, say to yourself -

'This worry shows that my mind is trying to help me. I can relax and trust myself to deal with this worry.'

2.

Talk to someone in your family - sharing your worries can make them seem smaller!

3.

If you can do something about your worry, make a plan and try it out. If it doesn't work, try another one!

4.

If your worry is about something you can't control, give yourself a break from it by distracting yourself and doing something you enjoy. It's like changing the TV channel!

5.

Do some deep breathing to help yourself to feel calm and relaxed. Try the Rainbow Breathing on page 15!

6.

What other helpful way do you deal with your worries? Write it on number 7.

← If you can think of more please write them on your journal page on page 21.

7.