

Ways to calm my worry

Take slow
deep
breaths.

Talk to
someone.

Write or
draw your
worry.

Visualize a
peaceful
place.

Exercise.

Make time
for things
you enjoy.

Go for
a walk.

Listen to
calming
music.

Do
something
creative.

Yoga/
meditate.

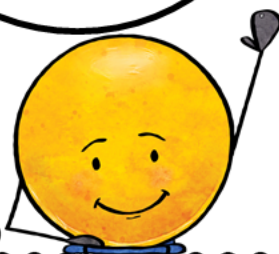
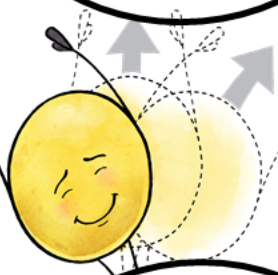
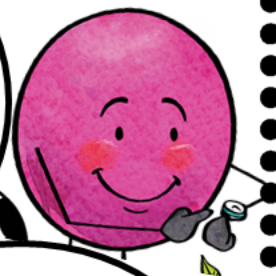
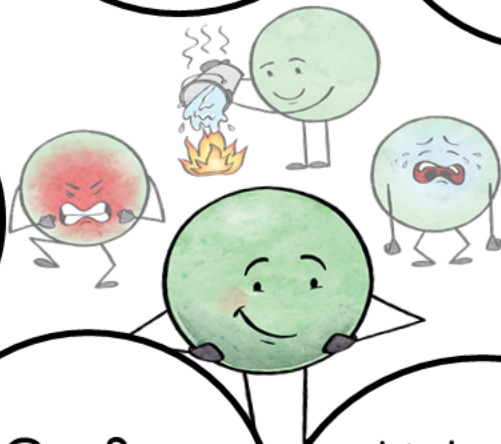
Focus on
what you
can control.

Distract
yourself, read
or watch a
movie.

Hug a
stuffed
animal.

Squeeze a
stress ball.

Think about it
in a different
(positive) way.





Things I am worried about

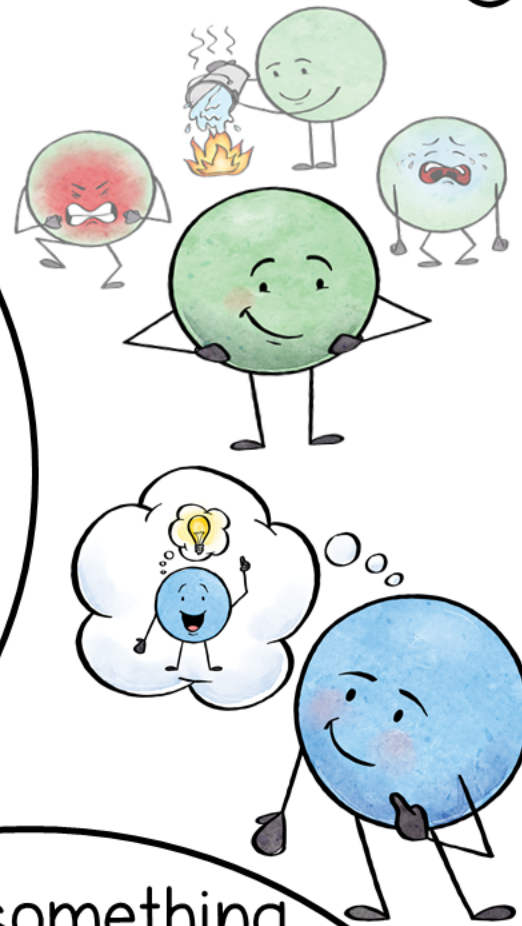


Ways I am going to
calm my worry

A large, empty oval shape intended for writing down things the user is worried about.A large, empty oval shape intended for writing down ways to calm worry.A large, empty oval shape intended for writing down things the user is worried about.A large, empty oval shape intended for writing down ways to calm worry.A large, empty oval shape intended for writing down things the user is worried about.A large, empty oval shape intended for writing down ways to calm worry.

Ways to calm my worry

Draw how you
feel when you are
worried.



Draw something
that makes you
feel calm.

