

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 or someone you trust.

Below are some ideas for dealing with worry:

- Imagine floating on a calm, blue sea with the sun shining on your face.
- Spend time with someone you love.
- Take lots of slow deep breaths.
- Do some colouring.
- Find someone that you trust and share my worries with them.
- Every time you're worried write down your worry and place them into your 'Worry Jar'.
- Watch a film or TV show that you really like and don't think about anything else.