

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.

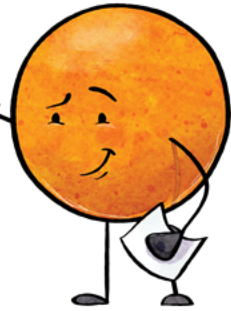
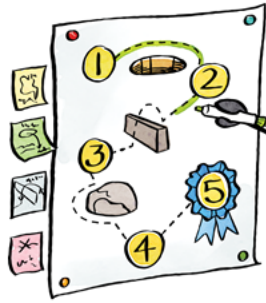
Focus on what you can control.

Distract yourself, read or watch a movie.

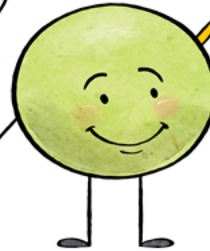
Hug a stuffed animal.

Squeeze a stress ball.

Think about it in a different (positive) way.



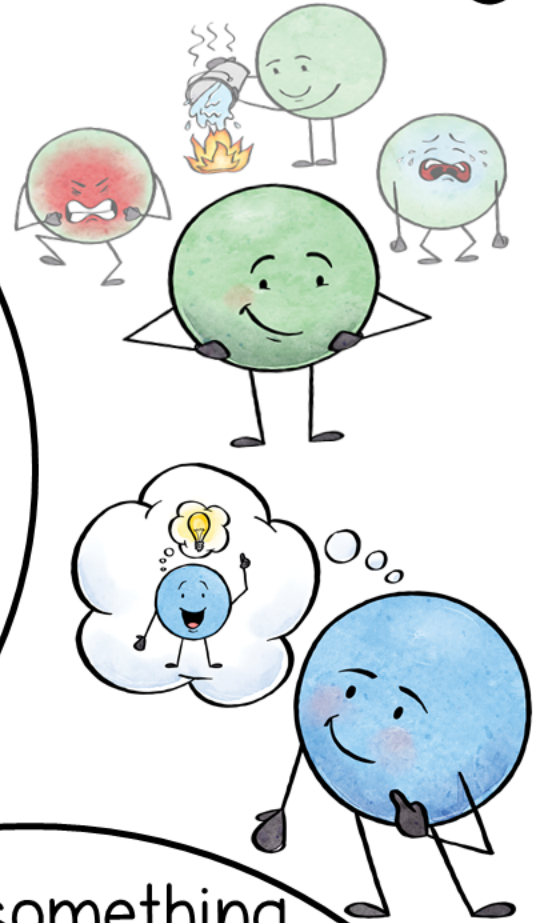
Things I am worried about



Ways I am going to calm my worry

Ways to calm my worry

Draw how you feel when you are worried.



Draw something that makes you feel calm.

