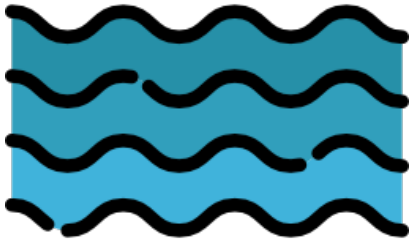


Worry Coping Cards



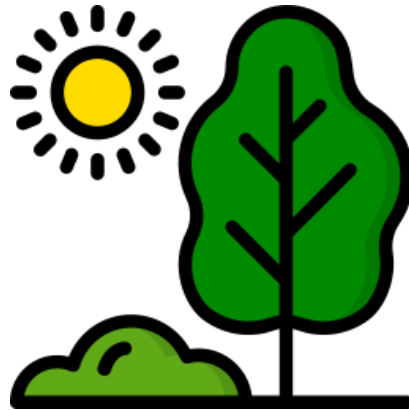
Take Deep Breaths



Stop and Listen



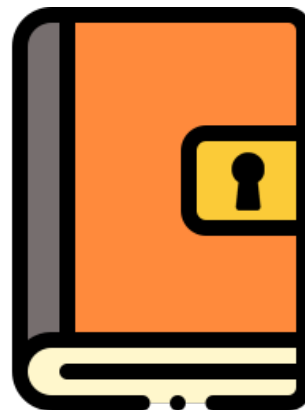
Draw Your Worry



Favorite Place



Write a Happy Ending



Journal

Worry Coping Cards

Stop and Listen

Spend a few minutes just listening to the sounds around you. What sounds do you hear? Are they loud or soft? Pay special attention to interesting sounds you've never noticed before.

Take Deep Breaths

Breathe in slowly through your nose and hold the air in your lungs. When you are ready to release the air, put your lips together and pretend like you are blowing through a straw. Do this 20 times.

Favorite Place

Think of a place where you feel calm, comfortable, and happy. It may be a beach, a forest, your bedroom, or somewhere else. Imagine what this place looks and sounds like and imagine how good you feel when you're there.

Draw Your Worry

Draw a picture about your worry. Here are some ideas:

- What you look like when you're worried and when you're calm.
- What you can do to stop worrying.
- Something you are worrying about.

Journal

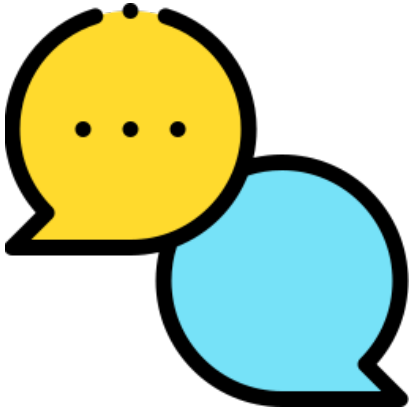
Write about your worries. Use these questions to get started:

- What are you worried about?
- What do you do when you're worried?
- What happened the last time you worried about something similar?

Write a Happy Ending

Usually when you worry, you imagine things ending badly. Try writing about your worry, but make the ending positive. Write about how you solve a problem, relax, start feeling better, or handle your worry.

Worry Coping Cards



Talk About It



Think About What Is



Get Moving



Listen to Music



Practice a Hobby



Worry Coping Cards

Think About What Is

When you worry, you probably think of bad things that *could* happen. Instead, try thinking of what *actually* happens most of the time. For example, instead of thinking, “I’m worried I will miss my school bus”, try thinking “I’ve never missed my bus before.”

Talk About It

Talking about your feelings is one of the most powerful ways to control them. Tell a trusted person, like a parent, friend, teacher, or counselor what you’re worried about. Try using this sentence to get started:

“I feel worried when ____.”

Listen to Music

Enjoying your favorite music can take your mind off what’s worrying you. Focus your attention on the instruments, lyrics, and voices in the song.

Get Moving

Get your energy out by being active. Play a sport, ride your bike, dance, swim, go for a walk, or run around until you’re tired.

Practice a Hobby

Do any hobby that you think might distract you from your worry. Play an instrument, paint, practice a new skill, play a game, or do anything else that you enjoy.