


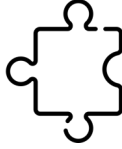










Dealing with worry

Sometimes when you're worried, there's nothing practical you can do to resolve what you're worried about. For example, if you're worried about a test result after you've taken the test—there's nothing you can do about it, but the worry is still there.

This doesn't mean you have to be overwhelmed by the worries, though. Even if there is nothing you can do, below are a number of techniques to help you feel calmer.

Tick the ones that you think would help you, and add some of your own ideas. If you don't have a printer, just write down some ideas on a piece of paper.

<p>Talk to friends or family</p>  <input type="checkbox"/>	<p>Write down how you feel</p>  <input type="checkbox"/>	<p>Express your feelings with art</p>  <input type="checkbox"/>	<p>Do a puzzle</p>  <input type="checkbox"/>	<p>Learn about something new</p>  <input type="checkbox"/>
<p>Find: 5 things you can see 4 things you can touch 3 things you can hear 2 things you can smell 1 thing you can taste</p> <input type="checkbox"/>	<p>Go to bed early or have a rest</p>  <input type="checkbox"/>	<p>Go for a walk</p>  <input type="checkbox"/>	<p>Play some sport</p>  <input type="checkbox"/>	<p>Eat a healthy snack</p>  <input type="checkbox"/>
<p>Do some breathing exercises to slow down your heart rate</p>  <input type="checkbox"/>	<p>Blow some bubbles</p>  <input type="checkbox"/>	<p>Drink a cold glass of water</p>  <input type="checkbox"/>		