

## What to do with worry?

When you're feeling worried, sometimes it can feel that your brain is running in circles. Using the process below can help you think through your worries.

Cut out the design below, stick it on card and keep it somewhere you'll see it often. Remember to look at it when you're worried.

If you can't print it out, don't worry, you can copy the design on to paper—be as creative as you like with the colours!

