

What can I do if I am feeling worried?

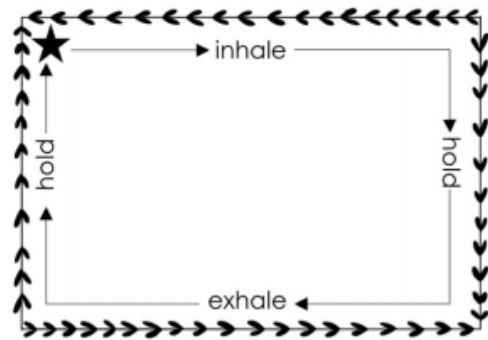
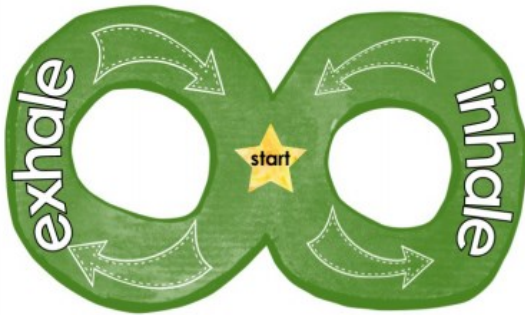
Circle of Support

1. Talk about how you are feeling with the people you trust at home.
2. If you have questions, ask the people you trust to help you understand.
3. Keep in touch with friends, even though you are not seeing them at school every day.
4. Video chat or call loved ones who don't live near you.



Slow breathing

If your body is feeling restless or keyed up, take some time to sit and slow your breathing. Try these easy exercises by tracing your finger over the lines and breathing along with them. Repeat at least 5 times.



Set small, daily goals

Keep your focus on real things you can do. Set small, daily goals for yourself and keep track of your goals. Set a goal about how much you will read each day or how many nice things you will say to family members each day, or something else that is important to you.



Look for the fun

Shift your focus away from the worries and do something fun.

1. Play a board game with your family.
2. Have a dance party.
3. Paint, draw, write or create.

Let the worries go

Having trouble letting go of the worries? Try these strategies

1. Set a 3-minute timer. During those 3 minutes, think about the worries all you want. When the time goes off, worry time is over! Get up, move to a new space, and think of something else!
2. Write your worries on a piece of paper. Tear it up and throw it in the bin.



Remember: It is OK to have worries.

Talk to someone you trust about how you are feeling!