



**Week 4:  
Managing  
Worries**

**Worry Jar**

Everyone has worries. Sometimes it can help to get them out of our heads and down on paper. This can help us see which worries we can cope with on our own and when we might need to ask for some help and support. Write or draw your worries in this jar:

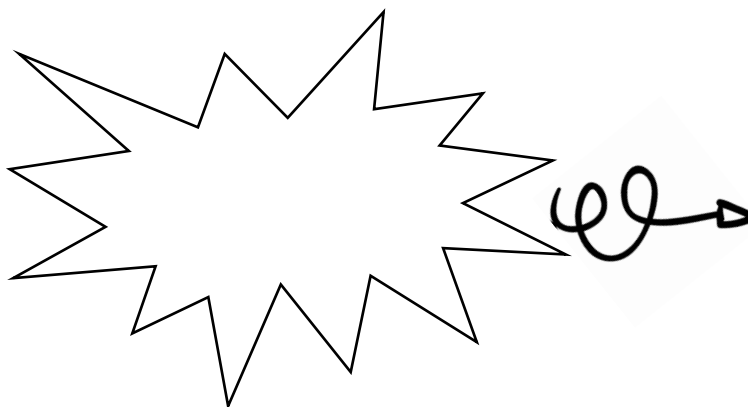
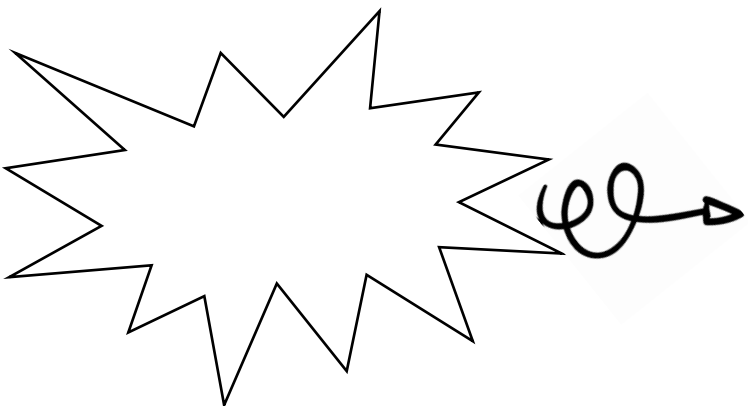
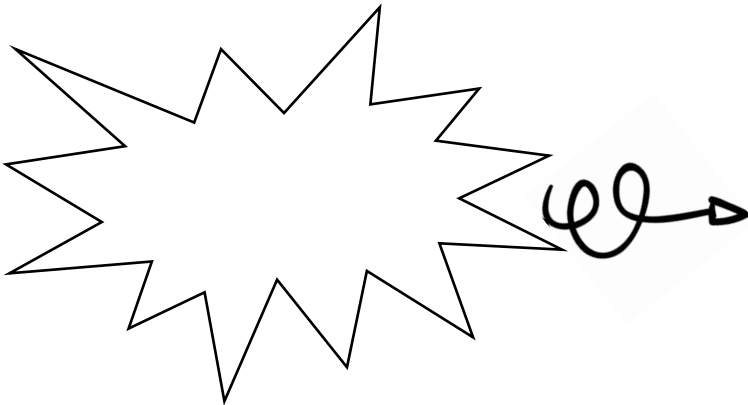


## Challenging our worried thoughts

Often our worried thoughts are based on the worst case scenario and do not reflect the truth about a situation. We can try to challenge these worried thoughts by writing down what is actually true about our situation.

*Anxious thought*

*Truth*

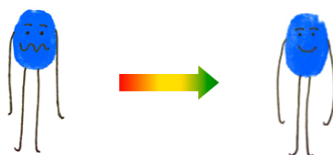


## Balancing worries

Sometimes worries start with 'what if...?' questions. These questions do not usually get answered and instead continue to spin round in our minds and end up making us feel more worried. Another way to balance out these worries is to come up with a 'then I can' solution.

If you have any 'what if...' worries at the moment, have a go at coming up with a 'then I can...' solution below:

<b>What if...? Worry:</b>	<b>Then I can... Solution:</b>
<i>Example: What if I struggle with work when I go back to school?</i>	<i>Example: Then I can talk to a teacher I trust and ask for some extra support</i>
What if...	Then I can...
What if...	Then I can...
What if...	Then I can...
What if...	Then I can...



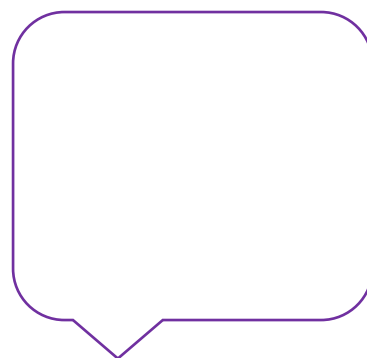
## Talking to someone you trust

It can really help to talk worries through with someone you trust. Sometimes these conversations can feel daunting so it can help to feel prepared. You can use this worksheet to think about who you could talk to and how you might start those conversations.

**Who are 3 people you could talk to about your worries?**

1.	
2.	
3.	

**What could you say to someone to let them know you need some help and support?**



***If you feel like you do not have anyone to talk to you can always call Samaritans on 116 123.***

***They will answer calls with no judgement or pressure and are available for anyone who needs someone***