

## Worries

Worry and feeling anxious are emotions that we all have. We need to remember that it **is OK** to feel worried or anxious about something. When we feel this emotion, it can affect us in many different ways, some examples are - a fluttering feeling in our tummy, heart beating fast, feeling achy over our bodies, tiredness and feeling sad.

We are all different, so what one person feels, someone else may have a different feeling. A lot of what our worries are about we have no control over and it can be difficult to accept that, so we look at ways to cope with the worry and stop it from getting bigger.

There are different ways we can cope with our worry.

- ❖ Write our worry down - this can be in a diary, this helps us get our worry out of our head. You could also write it down on a piece of paper, some people like to rip it up and throw it away (just like you are throwing your worry away), or maybe make your own worry monster and get him to eat it up.
- ❖ Talk to someone about your worry - if you talk to someone then they could help you with your worry, you never know, they might have the same worry as you and you could help each other.
- ❖ Do some breathing exercises - look at the 5 star breathing link or use your hand. Using your pointing finger on your other hand, *slowly* move it up over your thumb and breath in, when you have got to the top, start to breath out and move your finger down, keep going over your fingers and breathing in every time you go up and breath out every time you move down.



Remember - whatever you are feeling right now; it **IS OK** to feel it.