

What happens to your breathing when you worry?

What helps you calm down?

What is something you do not worry about anymore?

What thoughts come into your mind when you worry?

What helps before something scary?

What does worry feel like in your body?

**FINISH**

What makes your worry feel smaller?



# ANXIETY & WORRY

[www.SocialWorkersToolbox.com](http://www.SocialWorkersToolbox.com)



Who helps you feel safe when you worry?

What do you do when worry stops you trying?

What helps you keep trying when you feel worried?

What makes your worry feel bigger?

What do you do when a worry has passed?

What would you put in a worry box?

What are you worried about right now?



What would you say to a worried friend?

**START**

What helps your body feel better when you worry?

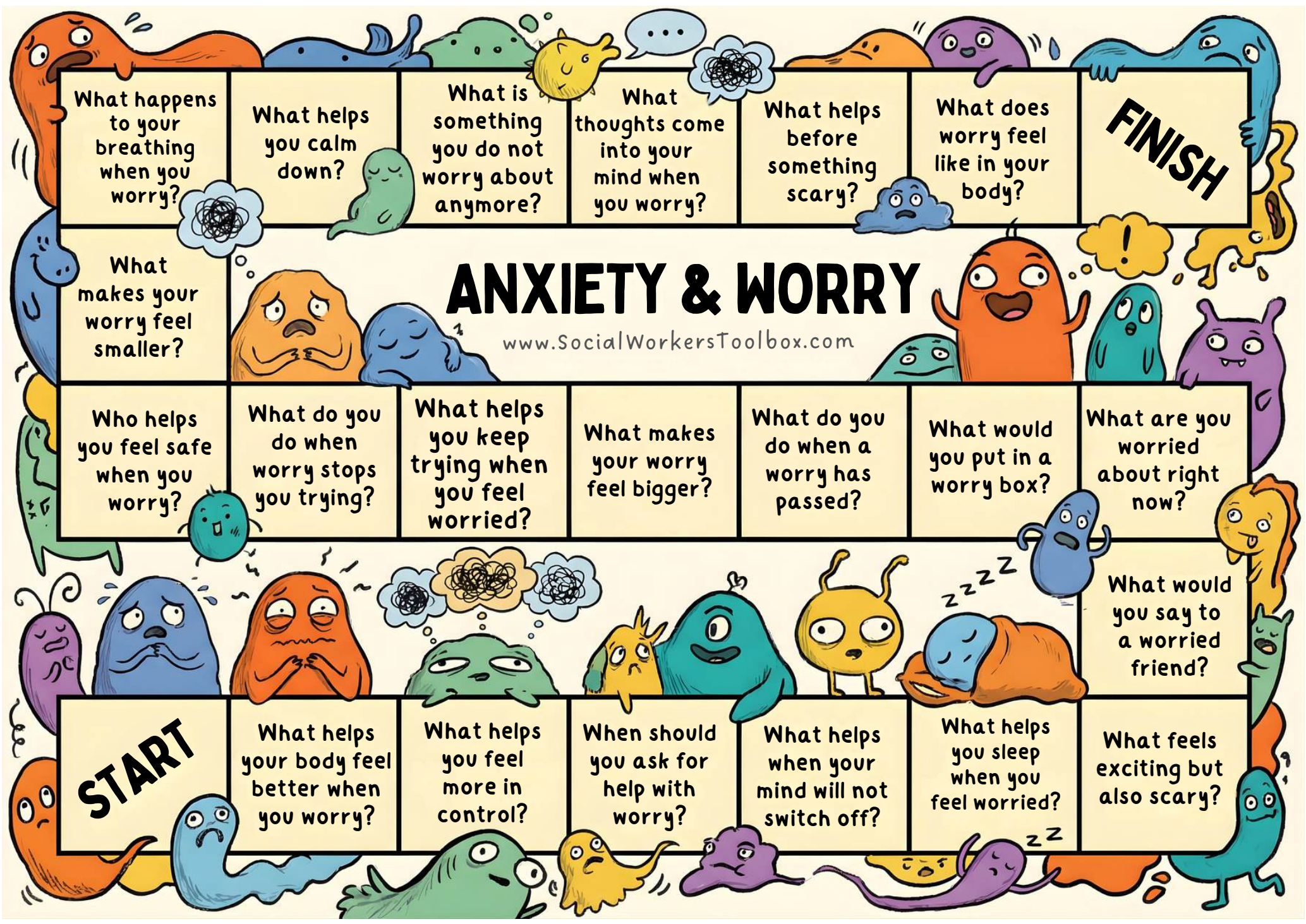
What helps you feel more in control?

When should you ask for help with worry?

What helps when your mind will not switch off?

What helps you sleep when you feel worried?

What feels exciting but also scary?



**FINISH**

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**START**

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