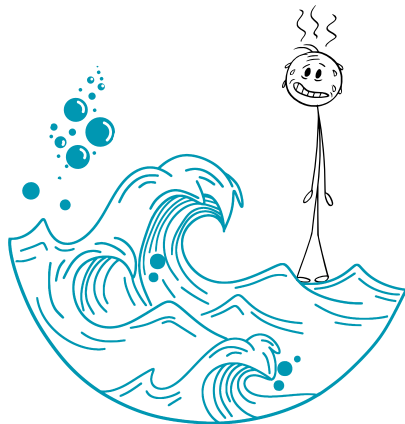


# Working on Worries



A worry can feel like a big wave has washed over and engulfed you, sometimes so much, you might struggle to focus. Visualising is one way to help ease an anxious mind and the following technique is one way.

Find somewhere quiet and imagine yourself sitting or lying on the beach and the water is your worry. The tide might wash over you, but then it ebbs away - let it carry away your worry with each flow, getting less and less stressful with each gentle wave as it goes further back out to sea.

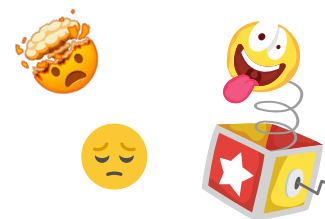


just  
BREATHE

[www.nurturegnomes.co.uk](http://www.nurturegnomes.co.uk)

Everyone has worries and sometimes the more difficult ones can take longer to work through. The following worksheets are to work on not just the worry, but how it makes you feel and finding ways to help you cope through them.

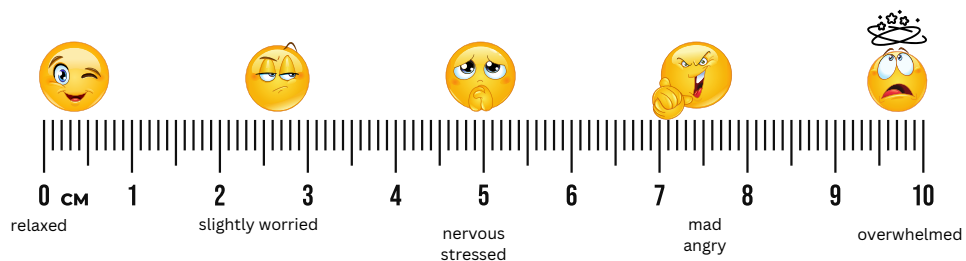
Forgetting a pencil is less of a worry than accidentally breaking something, but a worry is a worry (big or small) and if it makes you feel anxious, then just trying to forget about it probably will not work. Emotions are like a Jack-in-the-Box and when you push them down, all of a sudden they'll just pop right back up, which is why it's good to try to deal with them when you can.



A 'worry' or anxious thought is an emotion the same as happy, sad, angry or proud among a list of many others that everyone goes through. The colour coded colouring sheets are a great visual to help understand our minds are full of different feelings at different times, and seeing how colours change over time can encourage self-reflection and emotional learning.

The intense worry you might feel on Day 1 should lessen each day, as your emotion slowly eases and the worksheets can be kept and referred back to.

## WORRY DAY 1



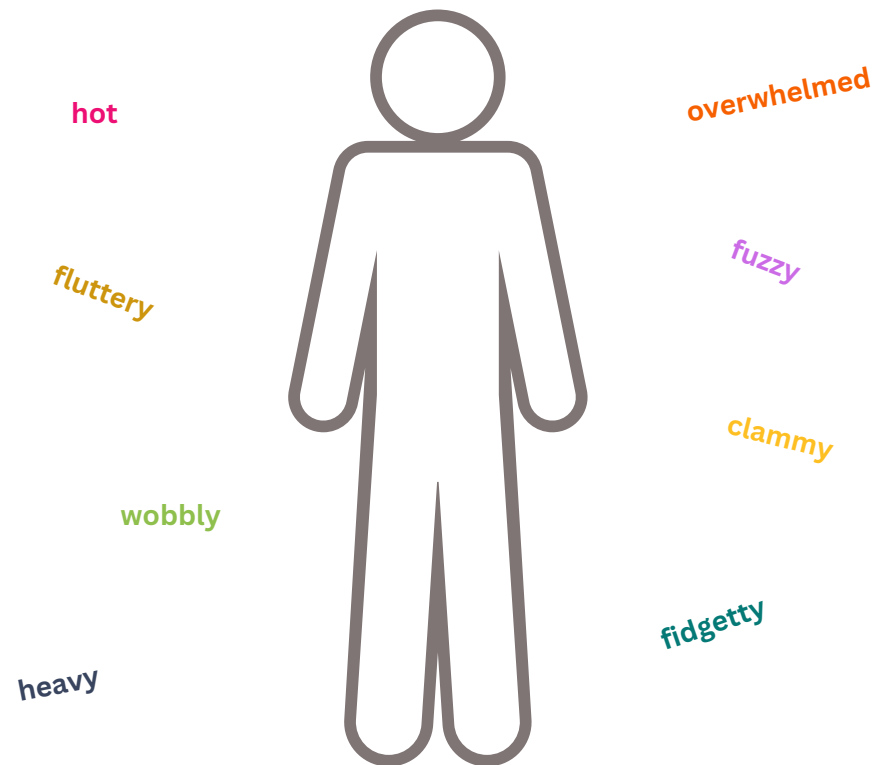
What is the worry?

On a scale of 1-10, how are you feeling?

What sort of things can you do to try to relax a little? Tell someone, go for a walk, deep breathing exercises, pushing up against a wall? Anything else?

## WORRY DAY 1

How is the worry affecting you? Colour in the parts that are affecting you (if any) or write how you feel (eg. shaky fingers, wobbly knees, headache)?




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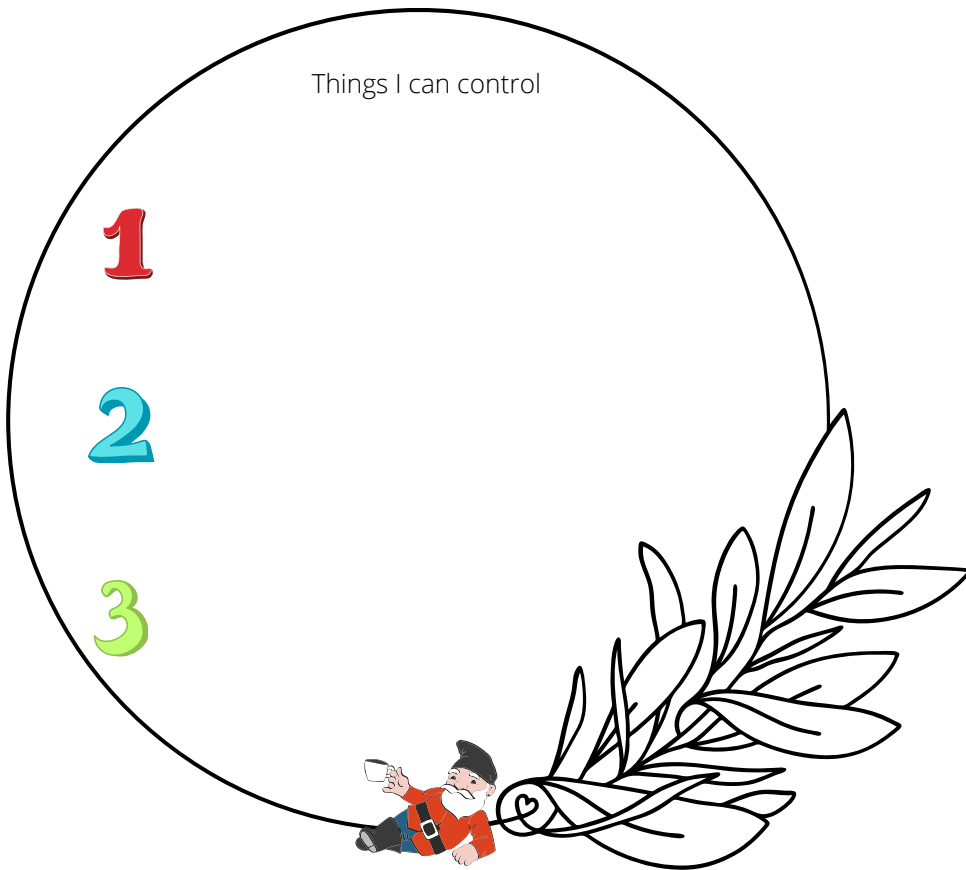
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## WORRY DAY 2 (part 1)

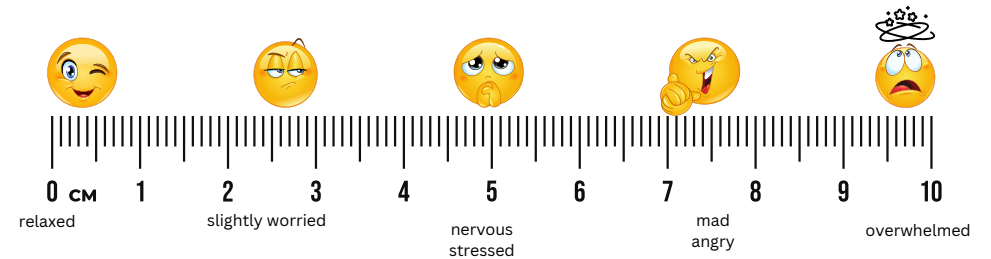
Write down any 3 things you can think of that are in and not in your control



Three things not in my control.

1  
2  
3

## WORRY DAY 2 (part 2)



On a scale of 1-10, how are you feeling?

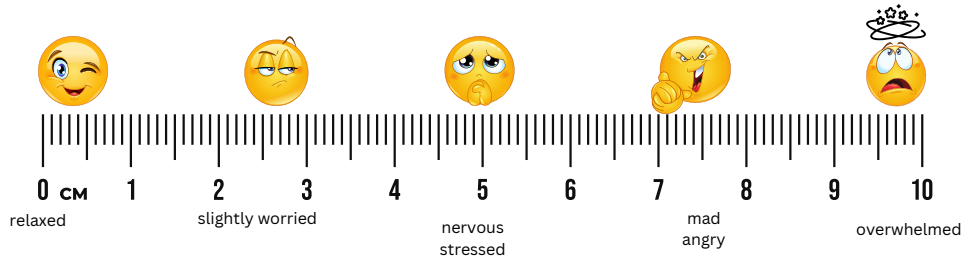
Can you reason your worry? Is it something in or out of your control?

What did you try to help you relax and worry less?

Did it work?  
Circle the answer



## WORRY DAY 3



On a scale of 1-10, how are you feeling about your worry?

Write down everything you can about your worry, from how you felt from day 1 to how you are feeling now - is your worry less?.

Write down one positive thing that happened today or an affirmation.

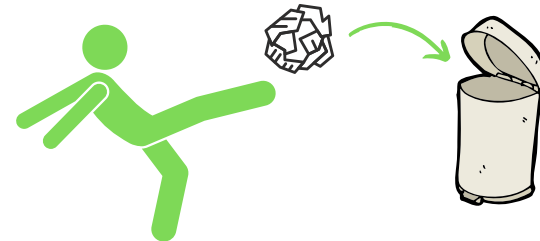
The idea is that you will try to relax a little about your worry and focus on the positive thought you have written.

## Can you put your worry in the bin?

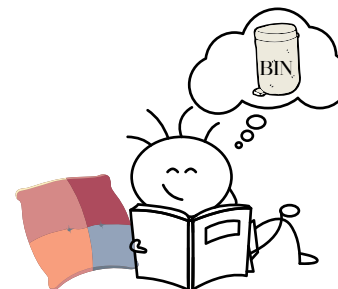


If NO, go to page 9.

Yes? Think about it the worry while you scrunch up this sheet of paper. Get ready to throw it away.



Visualise and use your imagination - the lid is shut and your worry is either gone, you feel a lot better, or both.



**“Deep breath - well done!”**

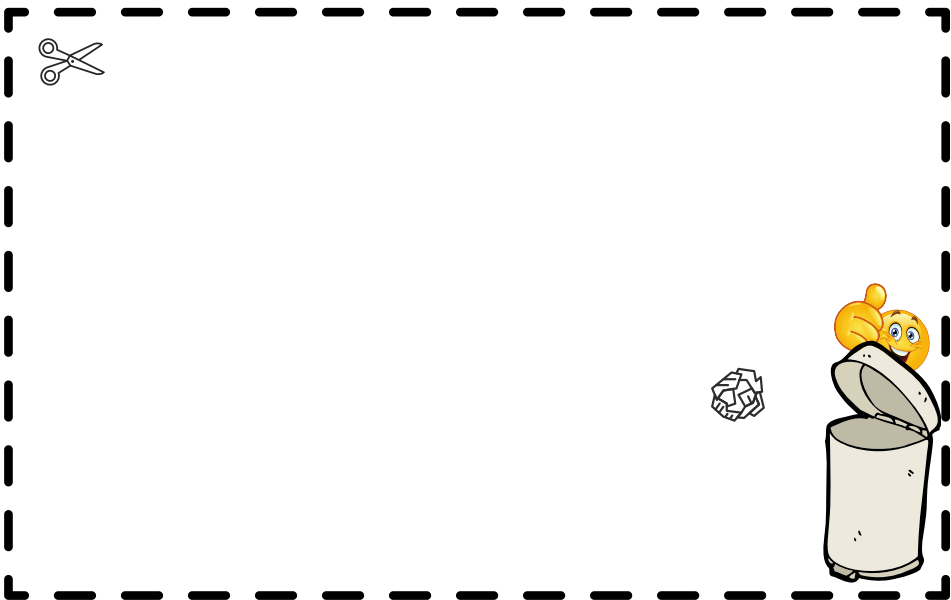




When you are ready, you can either write down the worry or think about it. Cut out the bottom section, scrunch it up and throw it in the bin and make a note of how many days this took.

It took \_\_\_\_\_ days to close the lid

Is there anything that could help for next time?



### Calming Activities

Use some calm breathing techniques and visualise the wave at the beginning of the worksheet. Make a list over the next few days or weeks of what you have found that helps and use the list to refer back to.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

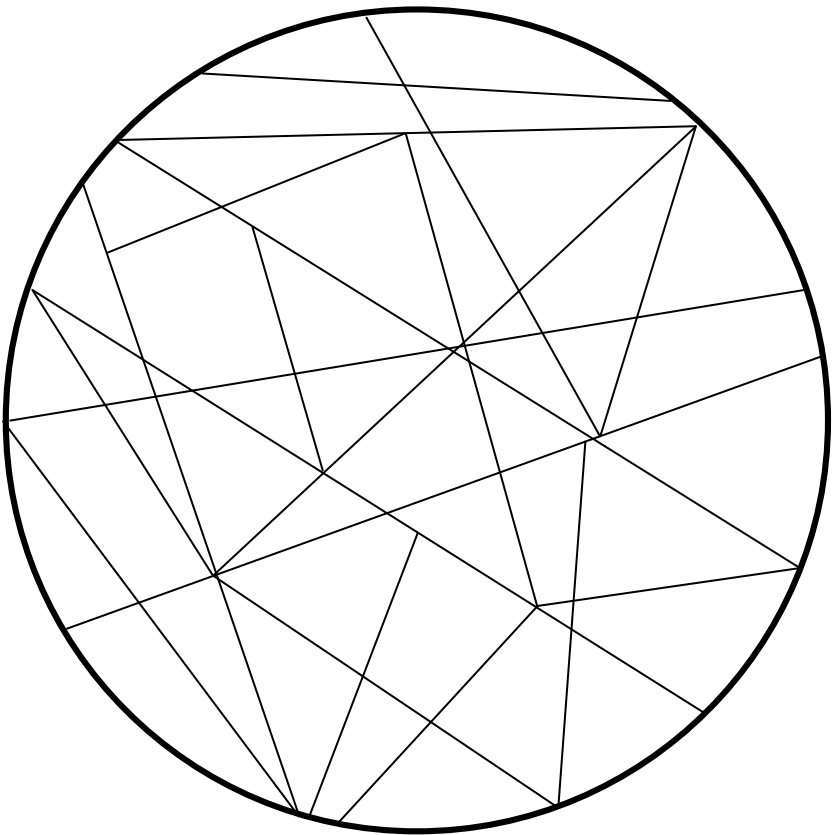
\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

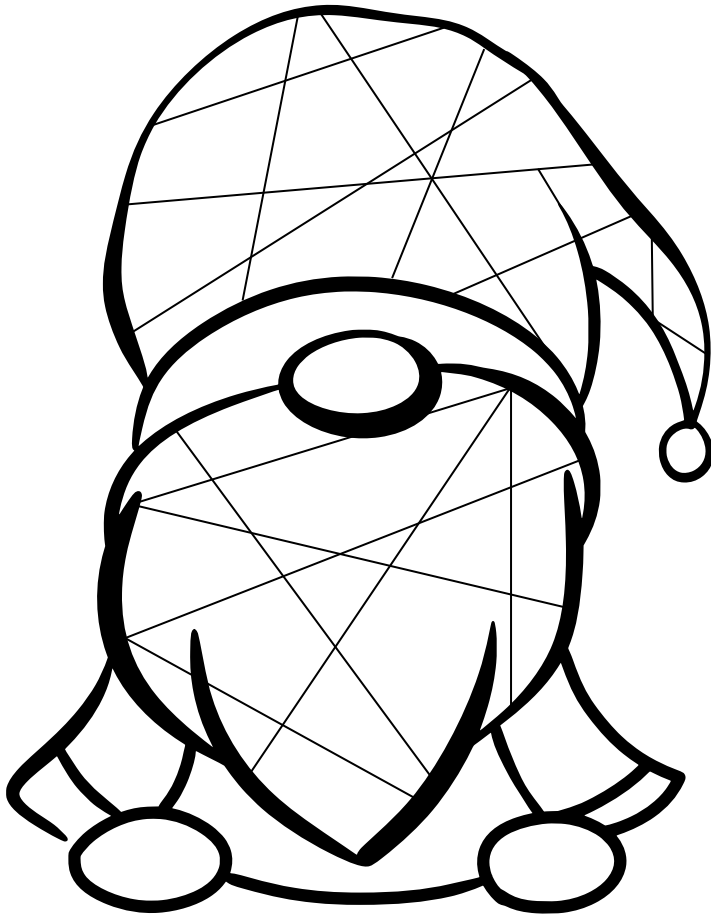
\_\_\_\_\_

Colour code the list of emotions and add some of your own as you go along. Colour in a section for each emotion you feel (you can colour more than one a day).



<input type="checkbox"/> <u>happy</u>	<input type="checkbox"/> <u>angry</u>	<input type="checkbox"/> _____
<input type="checkbox"/> <u>sad</u>	<input type="checkbox"/> <u>worried</u>	<input type="checkbox"/> _____
<input type="checkbox"/> <u>overwhelmed</u>	<input type="checkbox"/> <u>anxious</u>	<input type="checkbox"/> _____
<input type="checkbox"/> <u>proud</u>	<input type="checkbox"/> <u>relaxed</u>	<input type="checkbox"/> _____

Colour code the list of emotions and add some of your own as you go along. Colour in a section for each emotion you feel (you can colour more than one a day).



<input type="checkbox"/> <u>happy</u>	<input type="checkbox"/> <u>angry</u>	<input type="checkbox"/> _____
<input type="checkbox"/> <u>sad</u>	<input type="checkbox"/> <u>worried</u>	<input type="checkbox"/> _____
<input type="checkbox"/> <u>overwhelmed</u>	<input type="checkbox"/> <u>anxious</u>	<input type="checkbox"/> _____
<input type="checkbox"/> <u>proud</u>	<input type="checkbox"/> <u>relaxed</u>	<input type="checkbox"/> _____