



Using a Worry Box

Everyone gets worried, but sometimes the worry can feel a bit overwhelming. A Worry Box is a good way to help make the worry a bit more manageable. You can make a Worry Box easily, you just need somewhere you can pop your worries away.

- You should try and have only 10 minutes worry a day (and not before bed). This should be time to sit down and talk about why you are worried.
- Once you have talked about your worry, you need to draw or write your worry down and put it into the worry box
- Once a week open your worry box up with someone you trust and sort them out
- Screw up the worries that no longer matter. Throw them away!
- If any worries are left over share them with a grown-up who will help you to sort them out
- Remember that if a worry pops into your head during the day, tell it that you will give it attention at worry time!

