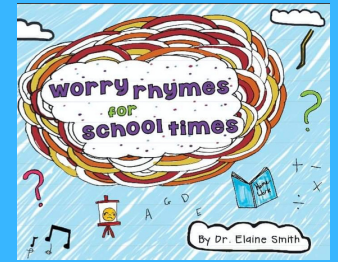


NAME:



# Working Out My Worry

Worrying is not a nice feeling but everyone worries sometimes. The good news is that worry feelings don't last forever. There are *always* ways to help us feel better.

MY WORRY IS.....

My Worry Feelings in my Body

My Worry Thoughts

Who/What Can Help Me

My Mind Mantra to help with this worry is: